

MAS OYAMA'S KARATE



AS PRACTICED IN **JAPAN**

by Bobby Lowe, 5th dan

COMPLETE, ILLUSTRATED COURSE
IN ALL FORMS OF KARATE

Mas Oyama's

KARATE

Written with full cooperation of Karate Master Masutatsu Oyama, 8th dan, the Founder and Chairman of the Japan Karate-do Kyokushinkai, this fully illustrated volume completely explains and demonstrates the various forms of Karate, as perfected by Master Oyama, winner of the All-Japan Karate Championships, 1947. Mas Oyama, who was responsible for introducing Karate to the United States for the first time in 1952, considers the author his best Karate instructor outside Japan.

Step-by-step instructions—each step illustrated by photographs especially taken for this book—lead the student through a complete course of Karate. Chapters cover: Warm-up Exercises; Stances; Nerve Centers; Karate Punching and Striking Techniques; Defensive Blocking; Kicking Techniques; Breathing ("Kiai"); Coordination Exercises; "Katas"; Training in Pairs; One-Blow Sparring ("Ippon Kumite"); Defense Against Grabbing; Knife and Club Defense; Freestyle Sparring ("Jiyu Kumite"); Board, Brick, and Stone Breaking ("Tameshiwari"); Defense Against Multiple Attackers.

The author, 5th dan, is Chief Instructor of the Hawaii Kyokushinkai, where he has been associated with Master Oyama since 1955. Bobby Lowe is also Chief Instructor in Karate for the Honolulu Police Department. He has opened branch schools for Master Oyama in the United States and officiated at the Second North American Karate Championship Tournament in 1965.

OVER 400 PHOTOGRAPHS

ISBN 0-668-01140-8

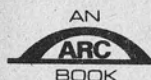


ARCO PUBLISHING, INC.

219 PARK AVENUE SOUTH, NEW YORK, N.Y. 10003

Mas Oyama's
KARATE
as practiced in Japan

Bobby Lowe
5TH DAN.



ARCO PUBLISHING, INC.

219 PARK AVENUE SOUTH, NEW YORK, N.Y. 10003

Published by Arco Publishing, Inc.
219 Park Avenue South, New York, N.Y. 10003

Copyright © Arco Publishing, Inc., 1964

All Rights Reserved

*No part of this book may be reproduced, in any form,
without permission in writing from the publishers.*

Tenth Printing, 1983

ISBN 0-668-01140-8

Library of Congress Catalog Card Number 64-10376

Printed in the United States of America

DEDICATION

This volume is respectfully dedicated to all law enforcement agencies and to all Karate instructors and students throughout the world.

ACKNOWLEDGEMENT

The author wishes to extend his sincere thanks and appreciation to Instructors Kenji Kurosaki of Japan, Toshio Ikehara, Manuel Dela Cruz and Arthur Sham of Hawaii, students Linzy Berman, Gregory Suenaka, Godfrey Chun and Harvey Hisatake, who kindly consented to demonstrate the various Karate techniques compiled for this volume. Additional credit and "aloha" are also due to Buck Fong Chun, Bob Wagstaff, and Thomas Makiyama, for valuable personal assistance and suggestions, and to "Gus" Ishida and Jack Matsumoto who so ably handled all the photographic assignments connected with this volume.

Neither the author nor the publishers accept or assume any responsibility or liability for any possible injuries sustained by anyone as the result of the use or practice of any of the instructions contained in this volume.

PREFACE

A careful check of all available books and handbooks published in the United States has disclosed to the author that there is a very definite need for an authoritative volume on Karate, simplified for the average reader who is interested in the subject.

Mas Oyama's Karate as Practiced in Japan is a complete guide to a proper training procedure in the art of Karate. It is as useful a book for the beginner as for the more advanced student. It covers the fundamentals thoroughly, describes proper training exercises, explains various movements and shows different forms of defense and counterattack.

The purpose of this book is to convey to all Karate enthusiasts, as well as to would-be enthusiasts, the proper procedure for Karate training which has been perfected by Karate Master Masutatsu Oyama.

This book was written with the cooperation and collaboration of Master Oyama, who himself is the author of *What is Karate*, and who is currently writing another sequel, entitled *This is Karate*.

The following few characteristics and definitions of Karate will help those who wish to understand and practice the art:

1. Karate is an excellent, healthful means of physical conditioning because in its practice, both arms, hands, legs, as well as other parts of the body are exercised.

2. Karate requires deep concentration and it helps in developing mental, moral and spiritual discipline.

3. Karate develops confidence and poise.

4. Karate is a proven effective method of self-defense without the use of weapons.

5. Karate can be practiced within the physical limitations of each individual.

6. Karate can be studied and its methods practiced without the help of a partner or the use of a large training area. In fact, one's bedroom or garage are more than sufficient for practice.

7. A high degree of achievement and improvement can be attained within a relatively short period of time.

Many have asked for the definition of "Kyokushinkai," which is the name of our organization. Roughly, *Kyoku* means the Far East or Asia; *Shin* means the "truth from within" or reality; *Kai* is a club or organization.

B. L.

CONTENTS

I	Introduction	1
II	Karate Training Hall Procedures	6
III	Karate Warm-Up Exercises	9
IV	Karate Stances	30
V	Nerve Centers	38
VI	Karate Punching and Striking Techniques	40
VII	Karate Defensive Blocking Techniques	52
VIII	Karate Kicking Techniques	60
IX	Karate Breathing Techniques (Kiai)	67
X	Karate Co-ordination Exercises (Oi Tsuki)	75
XI	Karate Forms (Katas)	83
XII	Karate Training-Together Techniques	97
XIII	Karate One-Blow Prearranged Sparring (Ippon Kumite)	105
XIV	Karate Defenses Against Grabbing Attacks	142
XV	Karate Knife and Club Defense Techniques	170
XVI	Jiyu Kumite	186
XVII	Tameshiwari	193
XVIII	Karate Defenses Against Multiple Attacks	201
XIX	Karate Makiwara Training	212

Karate Master Masutatsu Oyama, 8th dan. (Founder and Chairman of the Japan Karate-do Kyokushinkai).



Bobby Lowe, 5th dan. (Chief Instructor and Executive administrator of the Hawaii Branch Kyokushinkai).

INTRODUCTION

The origin of Karate is very uncertain. However, as early as the Meiji era, Karate was widely known among the Japanese people. Originally Karate meant "Chinese Art," because the Chinese character "Tong" is read *Kara* in Japanese. This probably gave cause to the speculation that Karate had its beginning in China. But in 1937 Karate was changed to read "empty hand" in Japanese.

Legend states that some 1500 years ago a Buddhist priest, "Daruma Taishi," of southern India traveled to China to teach the secrets of Zen. There he secluded himself in the temple "Shorinji" at Chung Shan, Honan Province. Daruma's secret of Zen was very difficult to learn and the intense practice of austerity during the training period weakened his disciples mentally and physically. Many who desired to study his teachings fell by the wayside. To correct the situation, Daruma taught them a form of exercise—the doctrine of inseparability of spirit and body called "Eki Kinkyo," the foundation of Chinese Kenpo. As time passed, the Chinese self-defense became synonymous with Shorinji. The Shorinji art (Chinese fist) was supreme in China and flourished for hundreds of years. Gradually, the Shorinji art of self-defense found its way to Okinawa. Although Okinawa had its own Kenpo (called "Kumiai jutsu" or "Bushide" or "te"), Shorinji Kenpo influenced the development of Okinawa Karate tremendously.

In Okinawa, Karate was practiced in secret for hundreds of years until 1901. Then it was brought to light as a part of regular curriculum in the First Mid-

dle School of Okinawa. Master Anhou Itosu was the first instructor. It was from this school that Master Gichin Funakoshi acquired his training, and later, in 1916, he introduced Karate to Japan. Master Funakoshi was the pioneer of Karate in Japan and he spent the rest of his life popularizing it there. Later, following in his footsteps, other Karate masters from Okinawa came to Japan. Rapidly, Karate became widespread and many Karate organizations were formed. Rules for tournaments were subsequently formulated to make Karate a competitive sport. Therefore it could be safely said that Karate had its beginning in China, was developed in Okinawa, and systematized in Japan.

Mas Oyama's Karate originated from this same source. He was a pupil at Master Funakoshi's School of Karate (Shoto Kan) and later studied and mastered the "Goju ryu" method of Karate. He won the All Japan Championship in 1947 and toured the United States in 1952, where he introduced Karate for the first time to a foreign country.

Mas Oyama's Karate is not merely a form of self-defense; its concept lies deeper than simple physical cultivation. Mas Oyama believes that Karate should not be violent; it should deny violence instead. In essence, Mas Oyama's ultimate endeavors in Karate are spiritual enlightenment, mental cultivation and human quality, best defined by the oath which is recited by each Kyokushinkai Karate student after each training session:

We, the members of the Japan Karate-do Kyokushinkai, do hereby swear

1. To devote ourselves towards the development of one another, spiritually, intellectually and physically.

2. To be constantly alert to the teachings of our superiors, endeavoring always to master the secrets of this martial art.

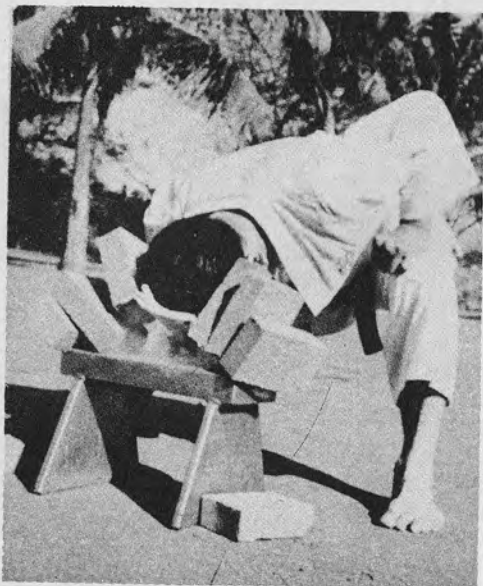
3. To meet with fortitude, any and all obstacles which may arise to hamper the attainment of our goals.

4. To be courteous in our deportment, and to remember always the virtue of modesty.

5. To be respectful towards others, superiors or inferiors, friend or foe.

6. To avoid all unnecessary incidents, and to use this art only when all other means of self-preservation have failed.

7. Through the teachings of the six foregoing principles, we further swear to strive to become good citizens, worthy community members and true gentlemen.



Kenji Kurosaki, 4th dan. instructor from Japan, demonstrates the power of the head butt against two 2-inch thick bricks.



Instructor Bobby Lowe demonstrates force of open hand chop. Flame is extinguished by the vacuum caused by his passing hand.

KARATE TRAINING HALL PROCEDURES



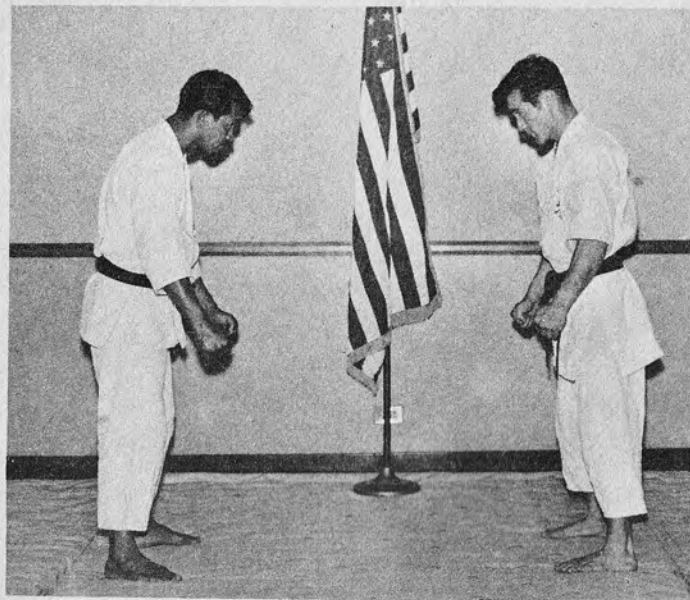
1. Hawaii Kyokushinkai students in a pose of meditation to help clear and ready their minds for the training session which follows. Students sit upright with fists resting on thighs and eyes closed.



2. The "salutation" is a bow of about 30 degrees with both fists touching the floor.



3. This is the form which all members assume when they receive instructions.



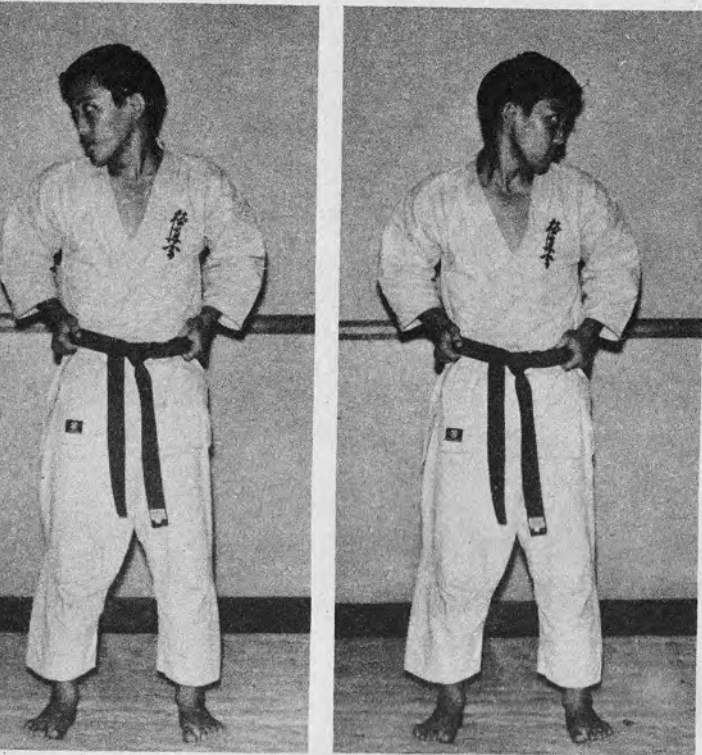
4. The correct manner of bowing when practicing with another person is to tip the body slightly forward as shown, and fixing your eyes on his chest, and trying to visualize his entire anatomy at the same time.

III

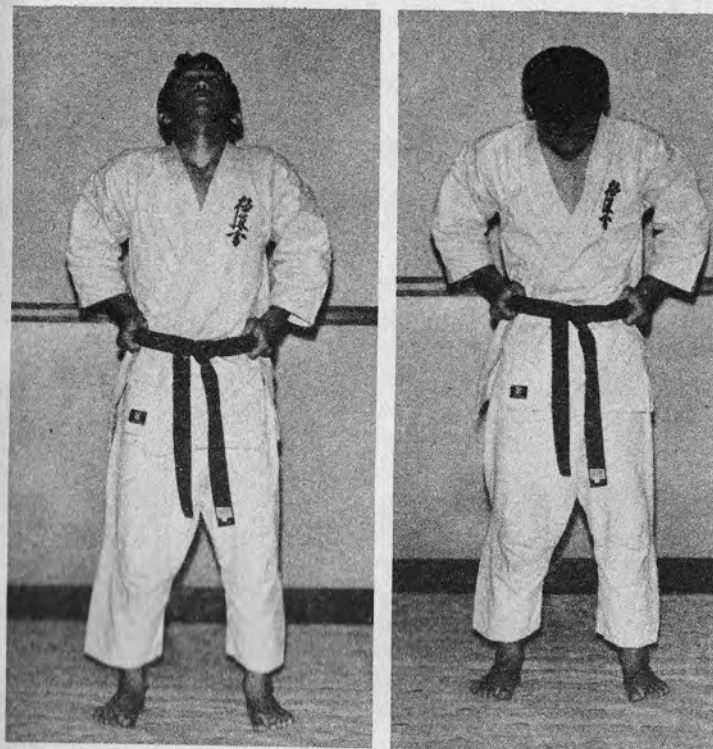
KARATE WARM-UP EXERCISES

The exercises or calisthenics described in this chapter should be performed *before* and *after* each Karate practice session in order to completely warm up and relax the mind and body. These exercises are equally beneficial to non-students, regardless of age or sex. However, for the Karate student, this workout is extremely necessary because it tends to increase blood circulation and to loosen the muscles so that the possibility of suffering a muscle strain or other injury will be lessened.

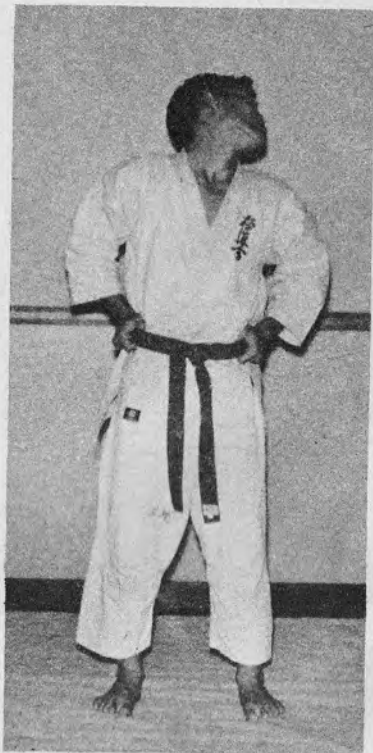
Exercises Nos. 1 through 4 should be done at least six times each.



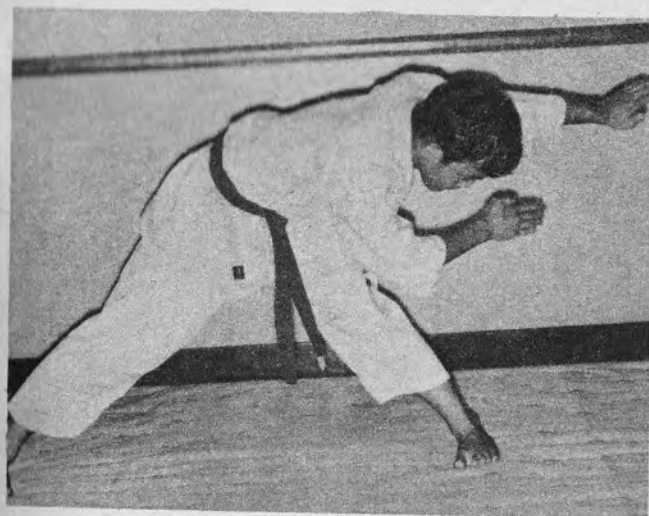
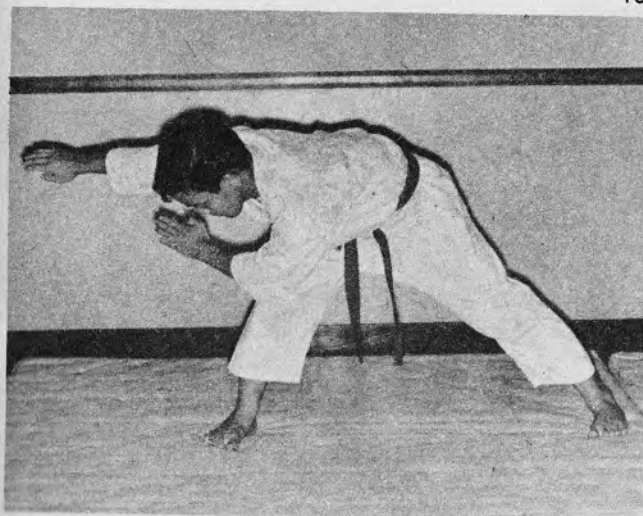
1. Neck twisting (side to side).



Up and down.



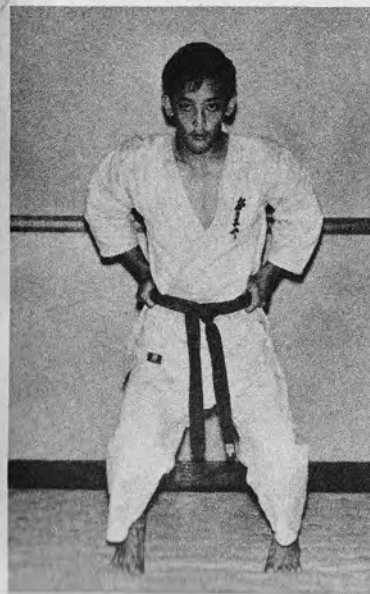
Rotating in a circular motion, first to the right side then to the left.



2. Rotate body in a circular motion (right to left, then left to right).

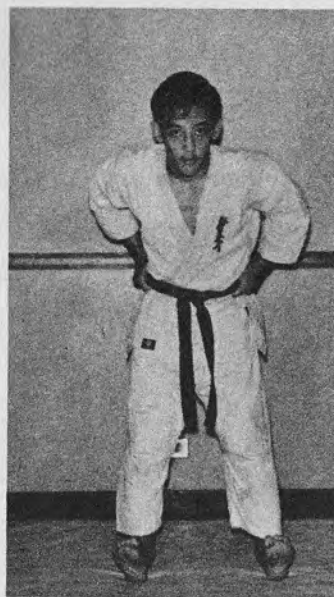


3. Rotate knees in circular motion (right to left, then left to right). Apply tension to the knees as you perform this exercise.



4. Ankle Snap

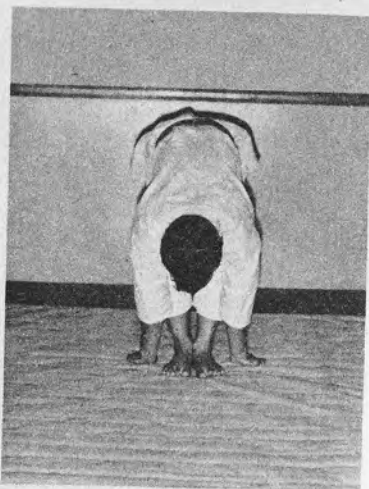
- a. stand on toes
- b. land on heels flat-footedly
- c. snap back and stand on heels



Exercises 5 through 15 should be done at least ten times each.

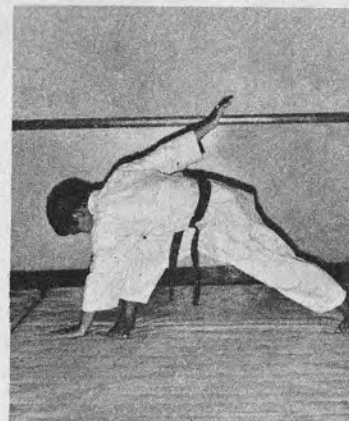
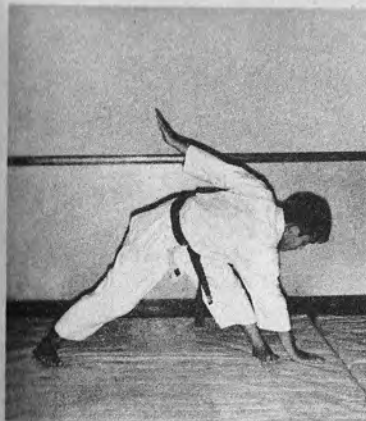
5. Trunk Bending

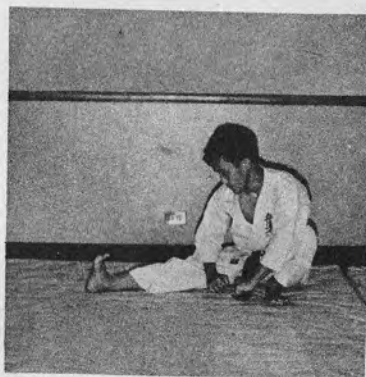
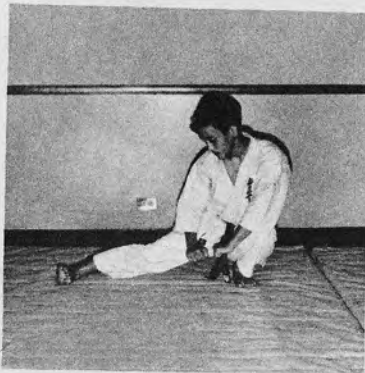
Bend downward and touch the front of toes and back of heels with open palms.



6. Trunk Twisting

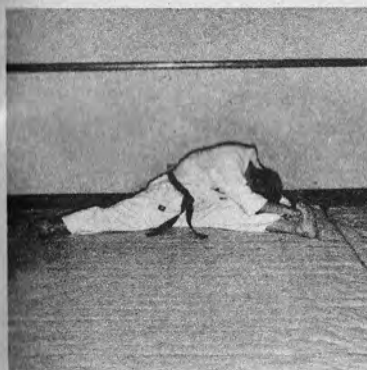
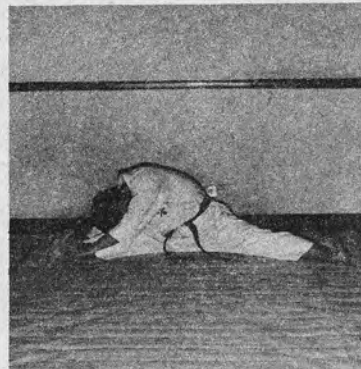
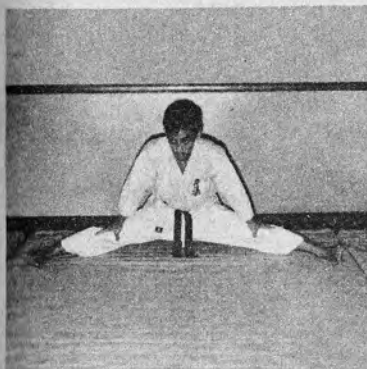
With outstretched legs, the right palm touches the floor in front of the toes of the left foot, and the left palm touches the floor in front of the toes of the right foot.





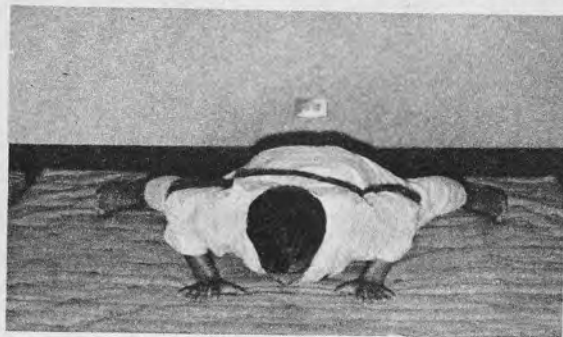
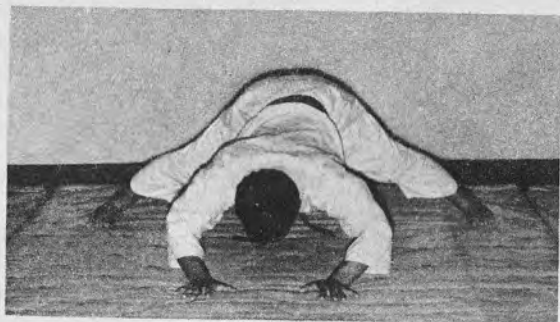
7. Leg Stretch

Squat down on the left leg and stretch out right leg with foot flat on floor, as shown. Then twist so that inner side of heel and sole touches floor; then touch back part of sole to floor and bend toes towards body. Repeat with other foot.



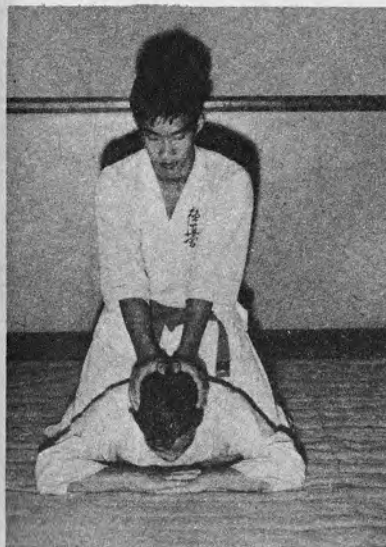
8. Inner thigh stretch and spine stretching

Spread legs apart as far as possible (as in doing the split). Then from a sitting position bend forward with the forehead to touch the right knee; likewise touch the left knee.



9. Pushups

With legs outstretched and hands shoulder-width apart, move the body forward in a rowboat fashion, in a circular movement. Now repeat, but move body to the rear, also in a circular movement. Do this exercise also by bracing yourself on five and then on three fingers.



a.

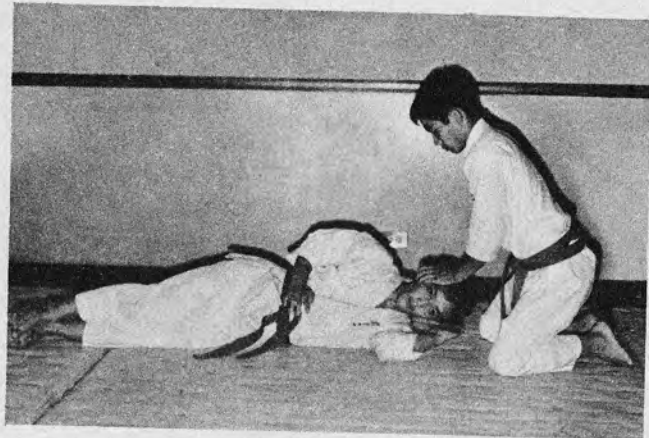
b.



10. Neck Exercises

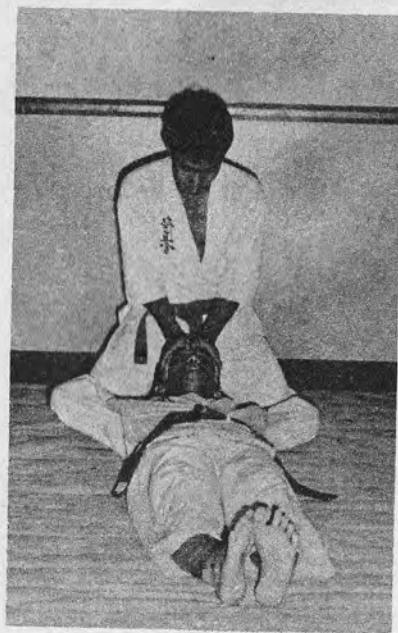
a. Lie on the stomach with hands in front of face, resisting slightly as your partner forces your head downwards. Do not have your partner exert much pressure in the beginning.

b. Lie on your right side with head resting on right arm, and perform movement as shown in figure (a).



c.

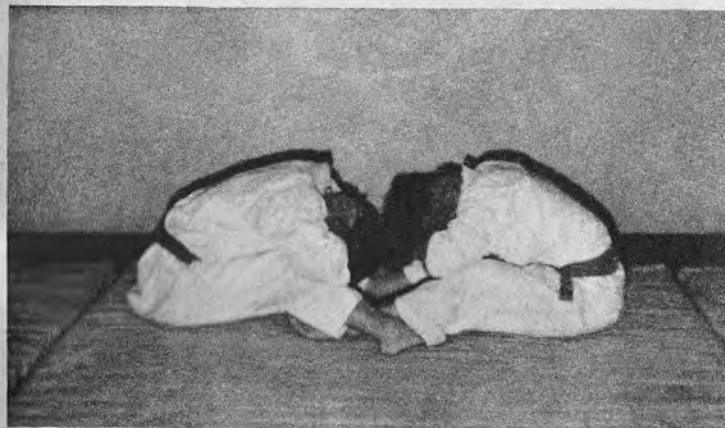
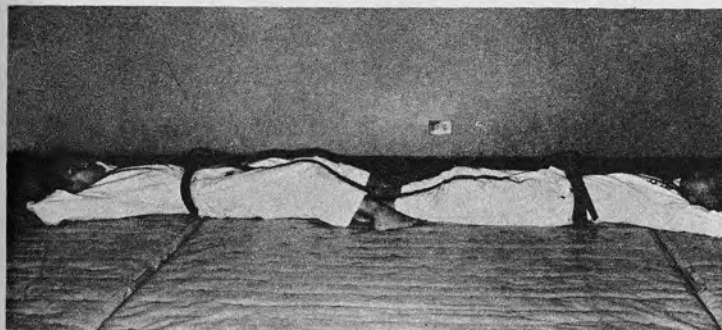
d.



Neck Exercises

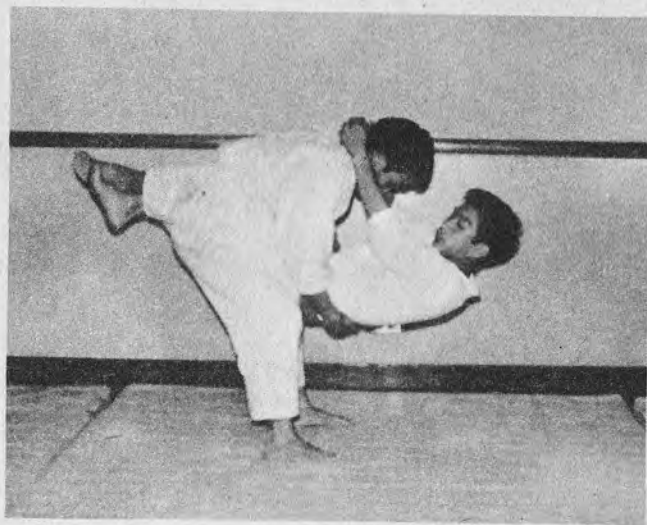
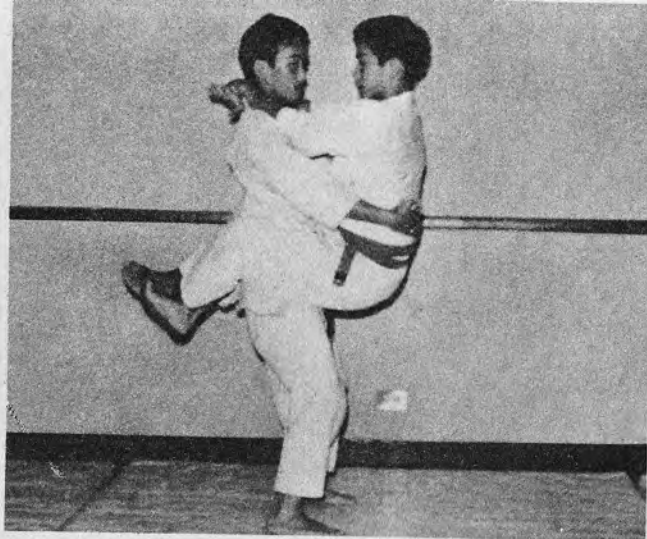
(continued)

- c. Lie on your left side with head resting on the left arm and perform movement as shown in figure (a).
 d. Lie on your back with hands under your head and perform movement as shown in figure (a).



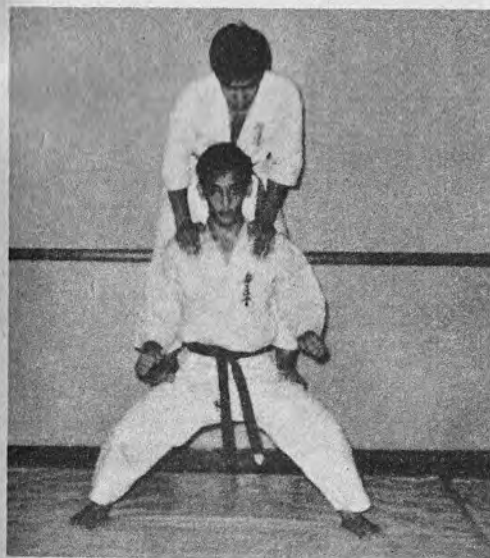
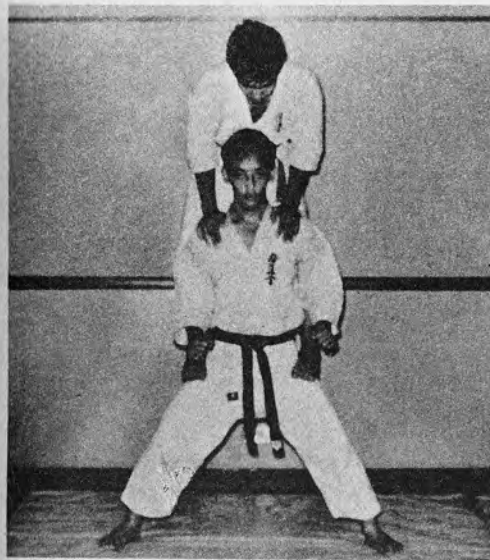
11. Sit-ups

Lie down on back and place hands under the head. Now do the sit-ups and bend forward as much as possible, touching knee with forehead.



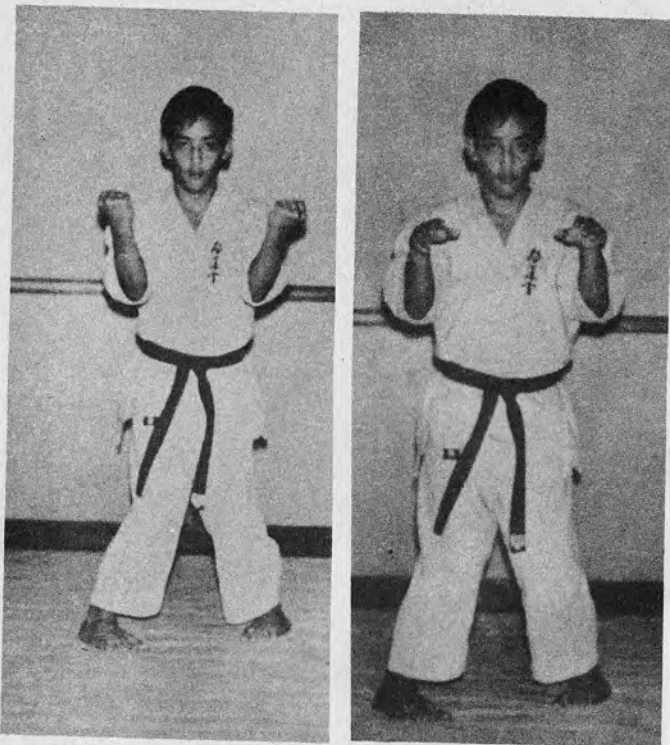
12. Loin Exercises

Have your partner carry you, by wrapping both your hands in back of your partner's neck and wrapping your legs together around his back. Let him squat forward into a "horse" stance, then you straighten up and carry him back as shown above, and repeat.



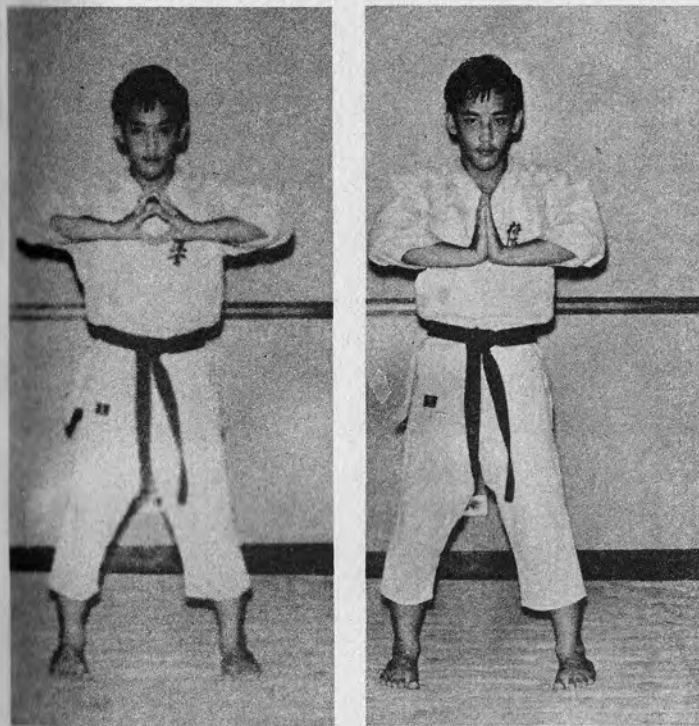
13. Back Exercises

Stand on your partner, legs resting on his thighs and hands holding onto his shoulders. Have him squat down into a "horse" stance, then straighten up and repeat.



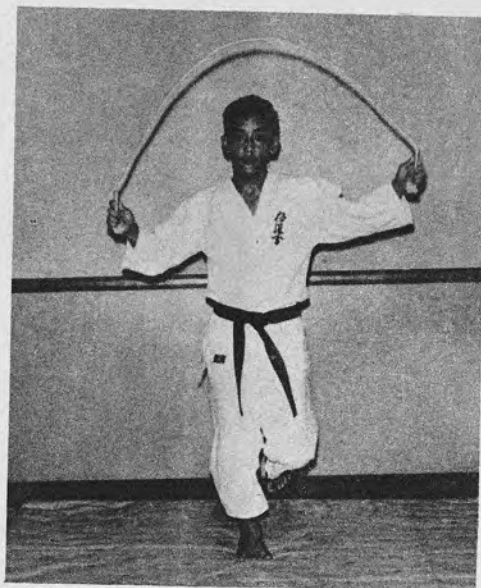
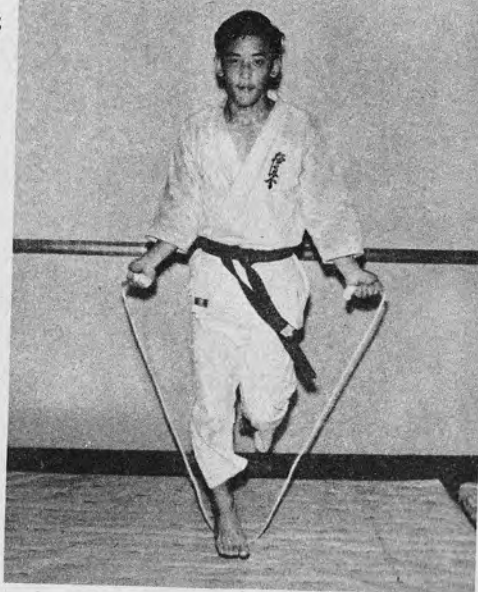
14. Wrist Exercise

Assume "Sanchin dachi" stance, with closed fists exerting tension. Relax and shake wrists forward and backward.

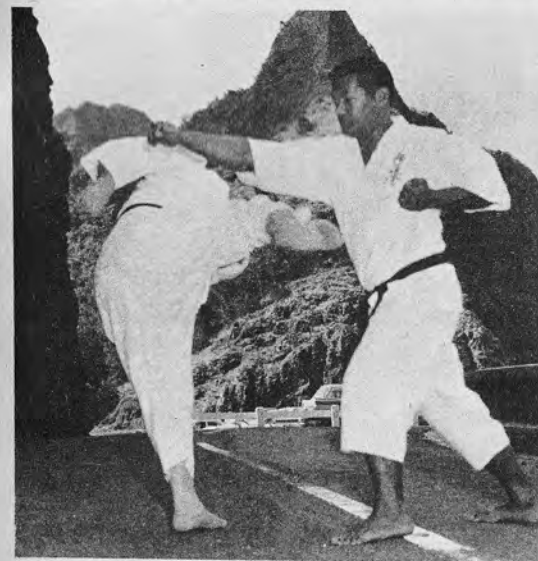


15. Finger Exercises

Place fingers against each other and push inward with tension until the palms meet. Now push the palms as hard as you can against each other and repeat the process.



16. Rope skipping for condition, coordination, and timing.

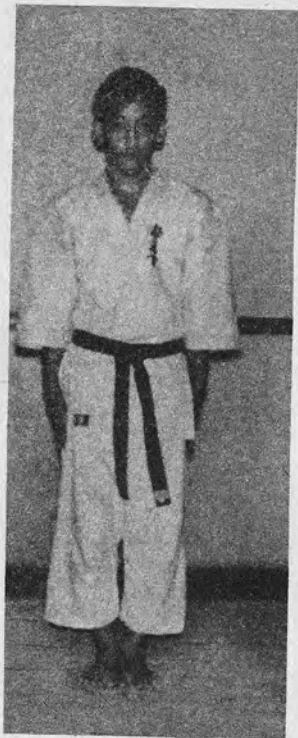


THE MASTER IN ACTION

Karate Master Oyama defending against a punch to the face with an upward bent wrist block (Koken uke), and following through with a right roundhouse kick (Mawashi geri) to opponent's stomach.

KARATE STANCES

1



1. **Heisoku dachi.** Stand naturally with both feet together.

2



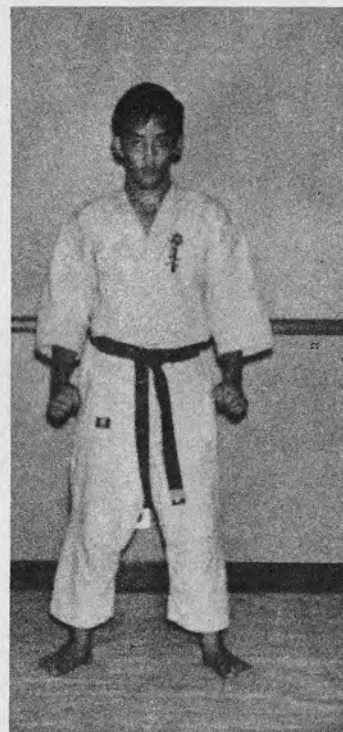
2. **Musubi dachi.** Stand with heels together and toes pointed outward at a 60 degree angle.

3



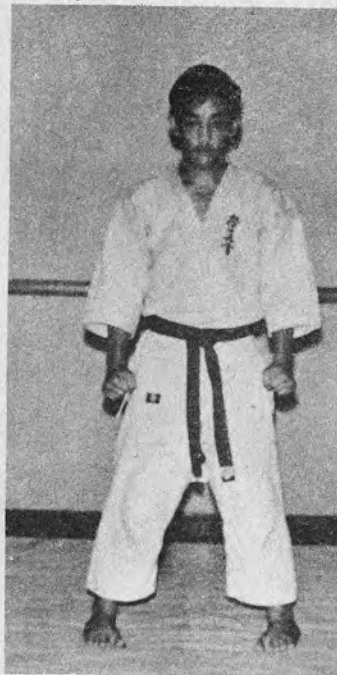
3. **Heiko dachi.** Stand with heels apart and toes pointed forward.

4



4. **Soto hachiji dachi.** Stand with heels apart and toes pointed outward at a 60 degree angle.

5



6



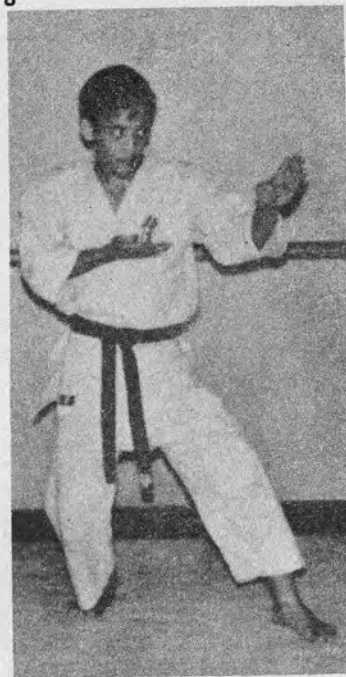
5. **Uchi hachiji dachi.** Same as movement No. 4 except that the toes are pointed inward.

6. **Fudo dachi.** Same as movement No. 4 except that the stance is wider.

7



8



7. **Zenkutsu dachi.** Balance yourself on your front foot with knee bent to a right angle and rear foot stretched straight backward.

8. **Kokutsu dachi.** Balance yourself on your rear foot while bending the knee a little and stretch the front foot forward as shown.

9



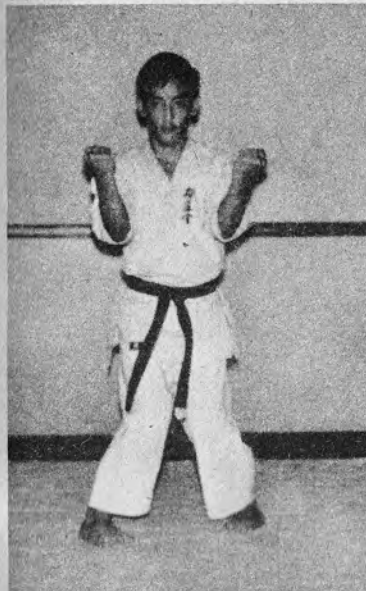
10



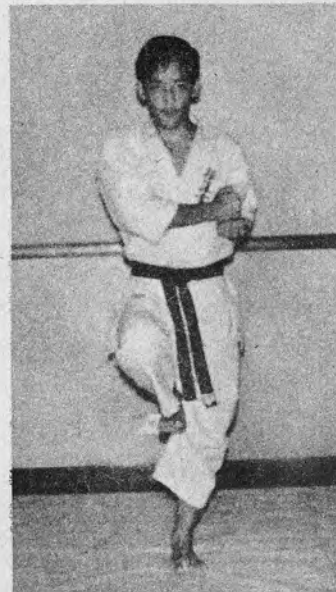
9. **Neko ashi dachi.** (Commonly called the "cat's stance.") Stand with the tiptoes of your front foot extended lightly and balance yourself on your rear foot with the knee slightly bent.

10. **Kiba dachi.** Squat and lower your waist with knees bent forward. This is commonly called the "horse stance" because it resembles a person riding a horse.

11



12



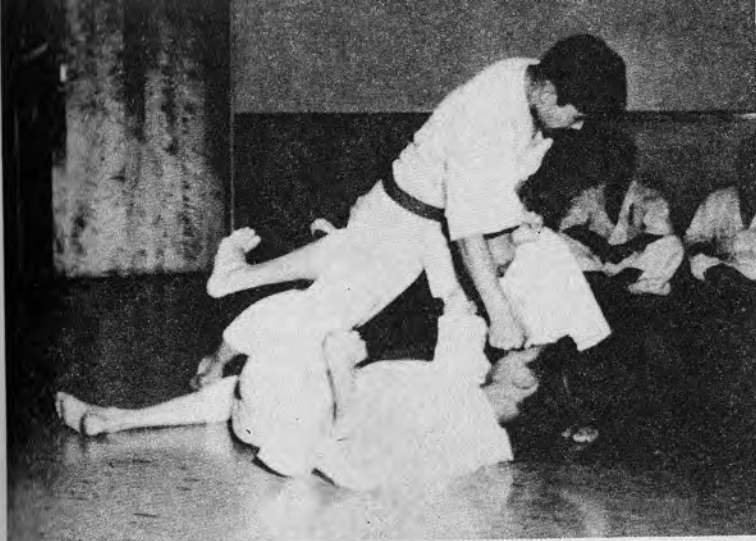
11. **Sanchin dachi.** (Commonly called the "fighting stance.") Tense both knees and toes inward. Very valuable for in-fighting because it gives protection to the groin.

12. **Tsuru ashi-dachi.** ("crane stance.") Stand on one leg and bring the other foot up to rest on the knee of the standing leg.

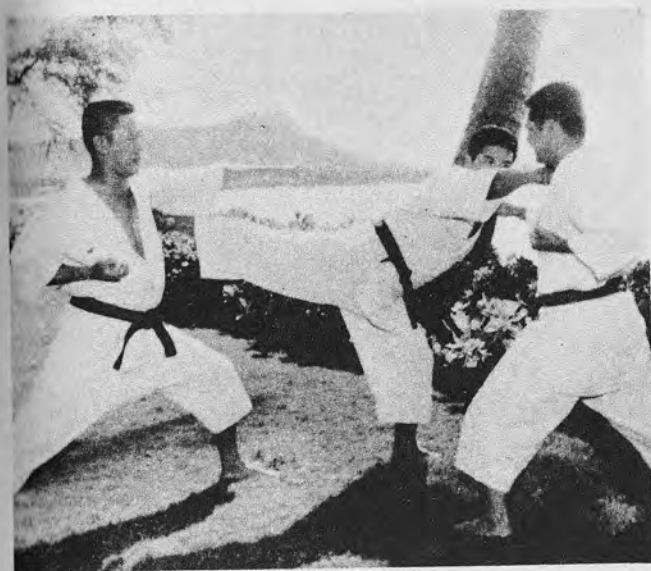
13. **Shiko dachi.** Very similar to the Kiba dachi (No. 10) except that the width of the stance is a little greater and the toes of both feet are pointed outward at a 60 degree angle.



Karate Master Mas Oyama demonstrating his famous Enshin-no-kamae (a preparation for fighting pose).

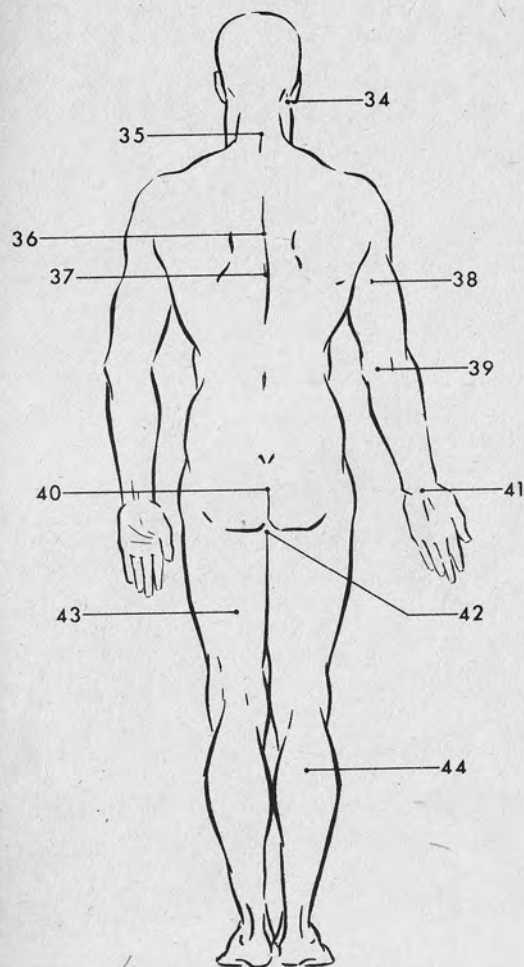
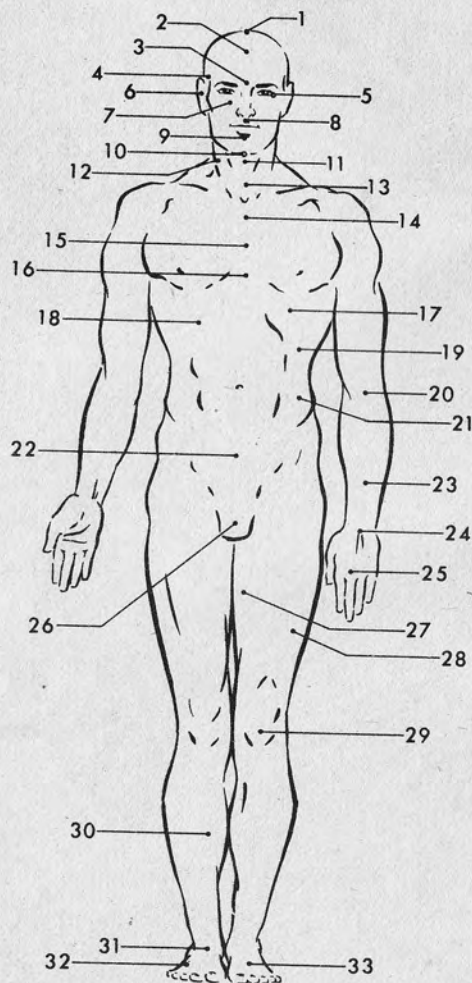


After throw, a solid punch finishes opponent.



Instructor K. Kurasaki defends against two attackers.

NERVE CENTERS

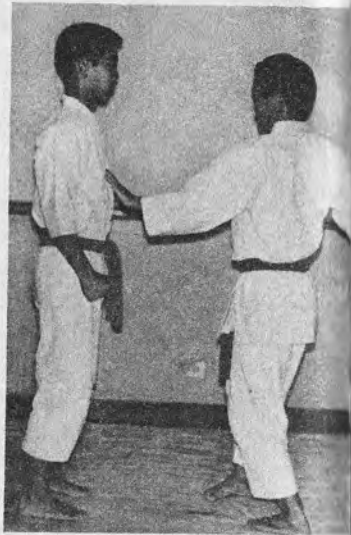


KARATE PUNCHING AND STRIKING TECHNIQUES

A



B

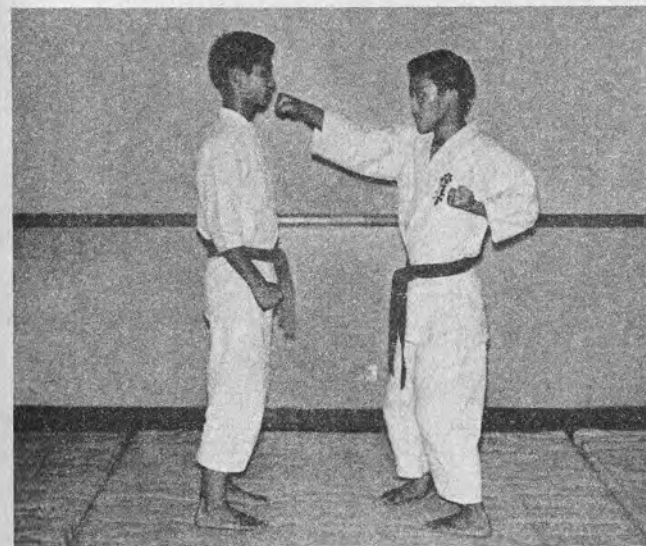


A. Assume Sanchin dachi position.

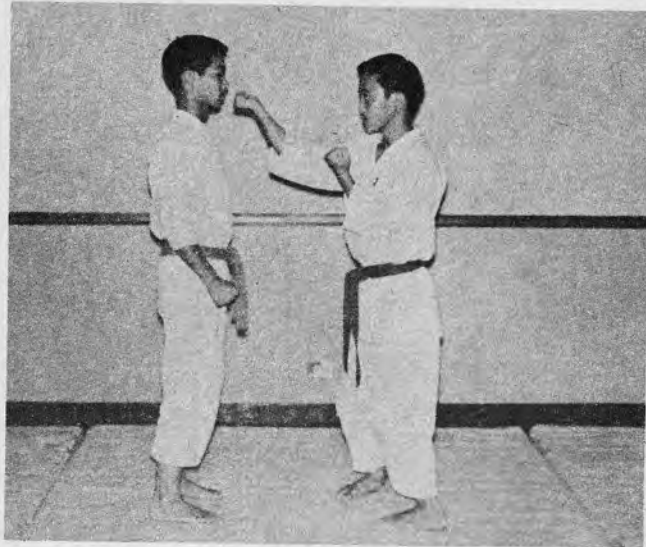
B. Basic ready stance.



1. Forward medium punch (Chudan tsuki).



2. Forward high punch (Jodan tsuki).



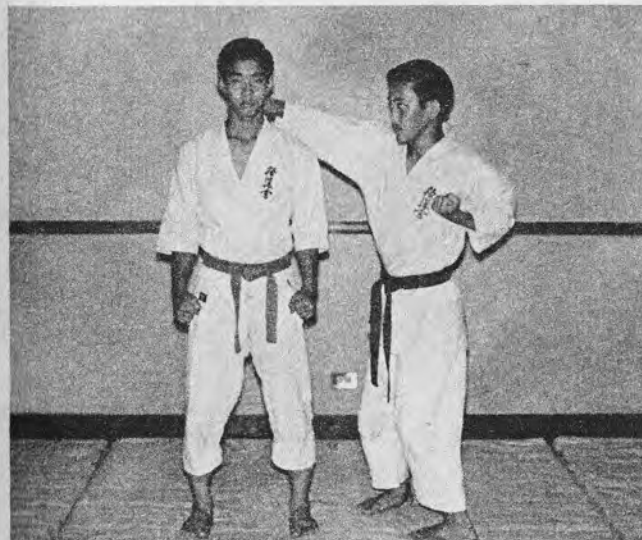
3. Reverse strike to face (Uraken uchi).



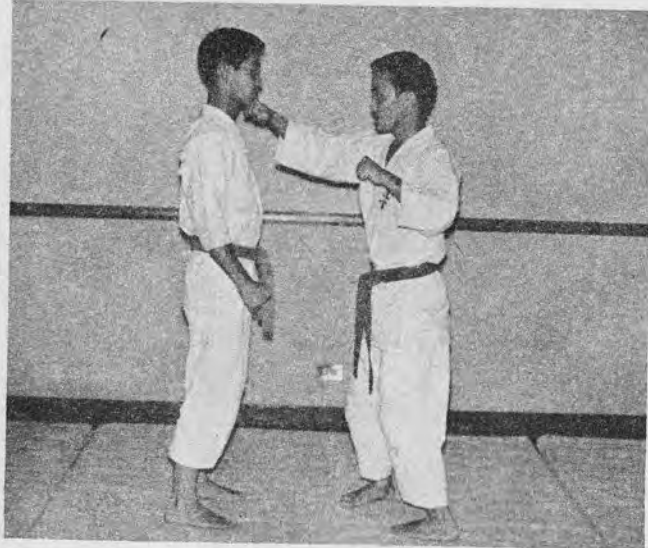
4. Reverse side strike to face (Sayu uchi).



5. Reverse side strike to body (Hizō hara uchi).



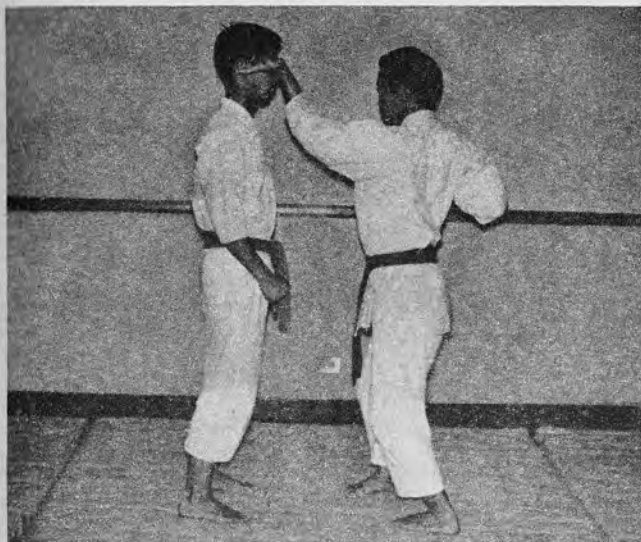
6. Roundhouse strike to back of neck (Kubi uchi).



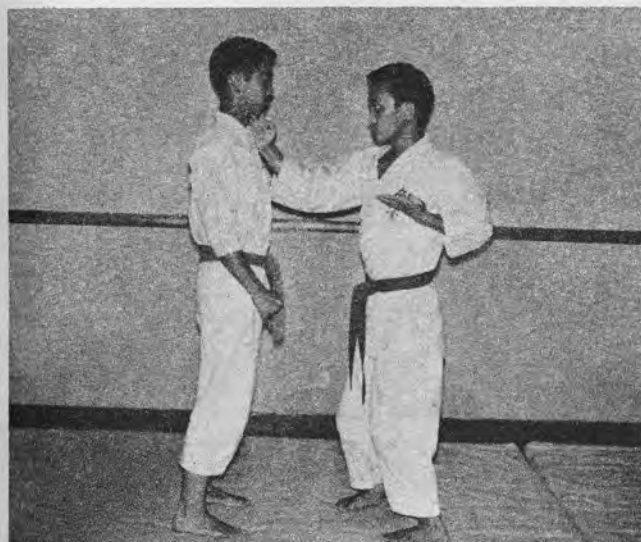
7. Jaw strike (Ago uchi).



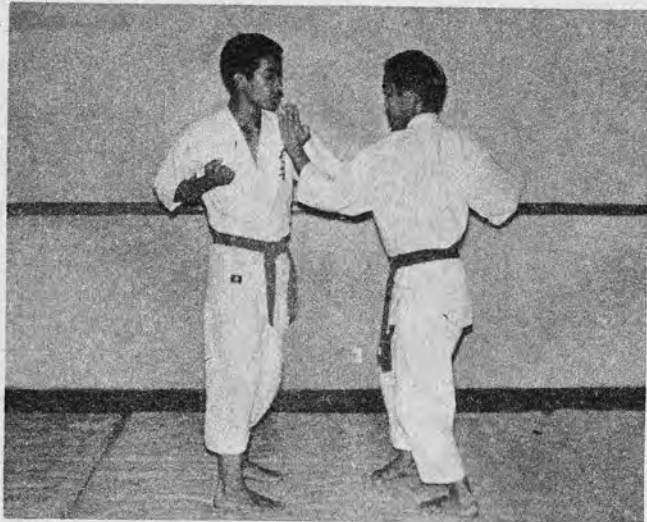
8. Hook strike to lower abdomen (Shita tsuki).



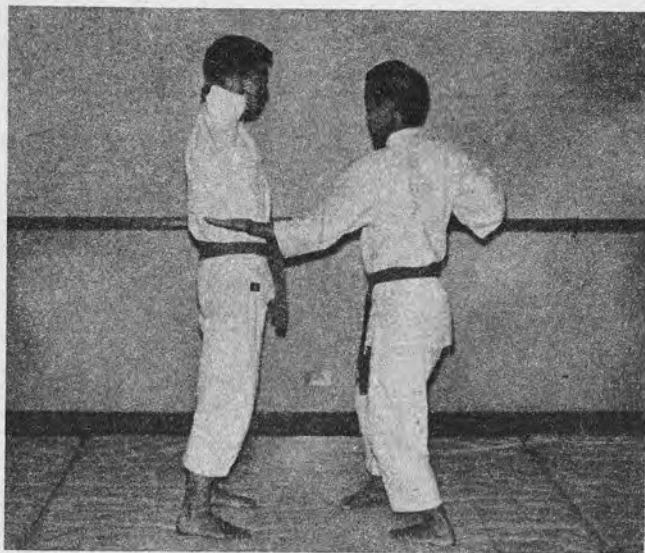
9. Forward temple chop (Shutō ganmen uchi).



10. Downward chop to collar bone (Shutō sago uchi).



11. Forward strike to collar bone (Shuto uchi komi). Used against grabbing.



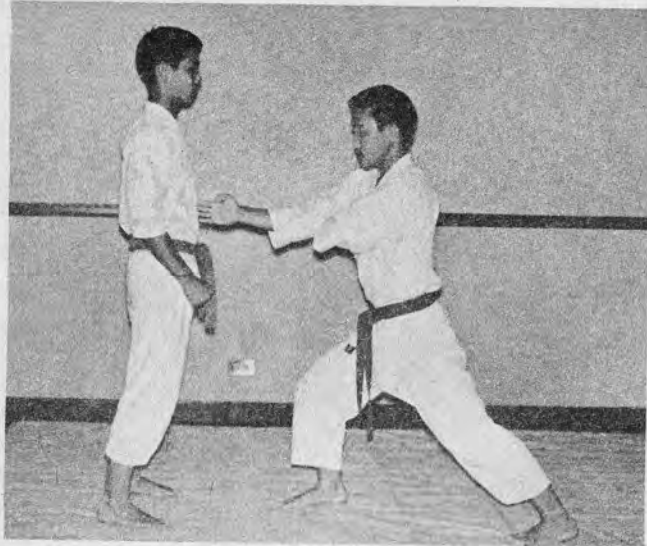
12. Forward chop to midsection (Shutō shita uchi).



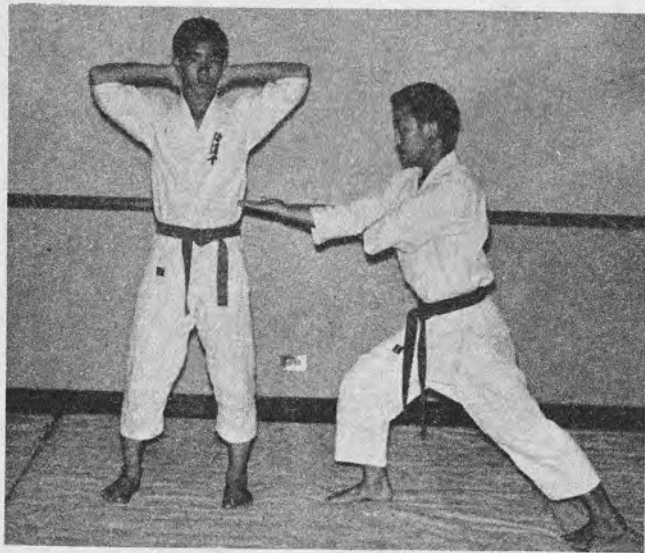
13. Reverse chop to neck (Shutō uchi).



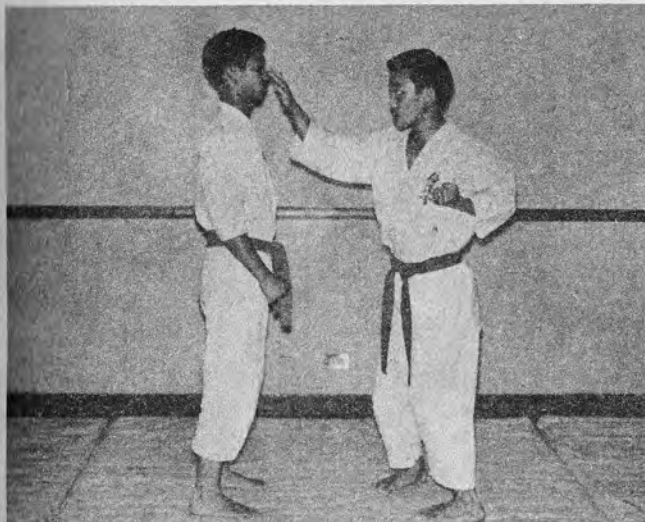
14. Palm heel strike to jaw (Shotei uchi).



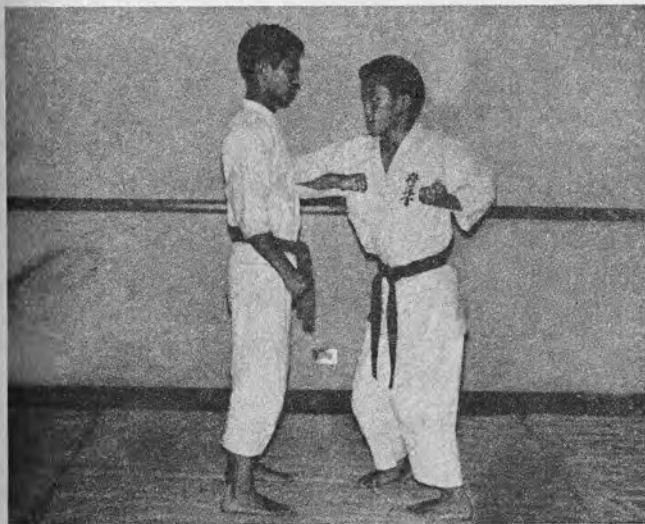
15. Four-finger thrust to solar plexus (Yon hon nukite).



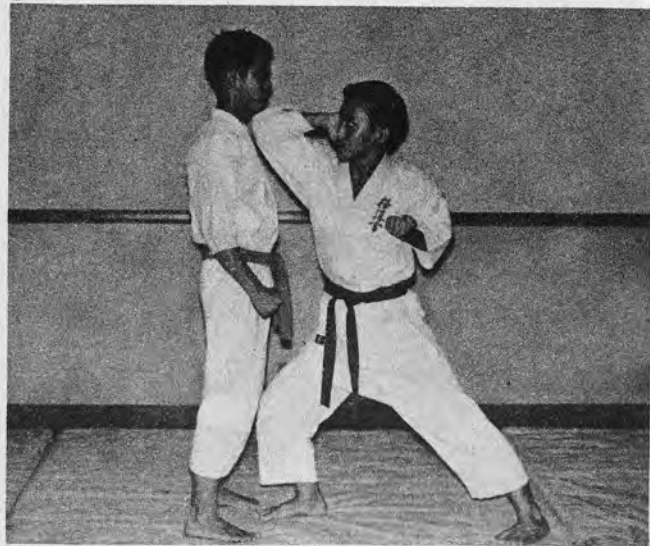
16. Four-finger thrust to side of ribs.



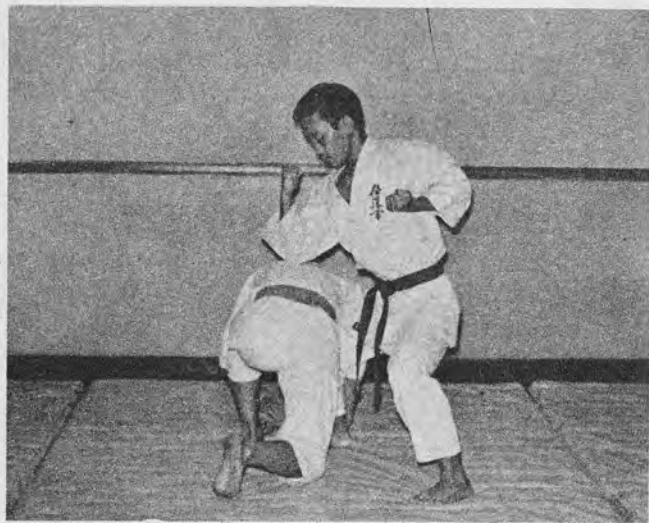
17. Three-finger upward thrust to eyes (Sanbon nukite).
Also two-finger and one-finger thrust.



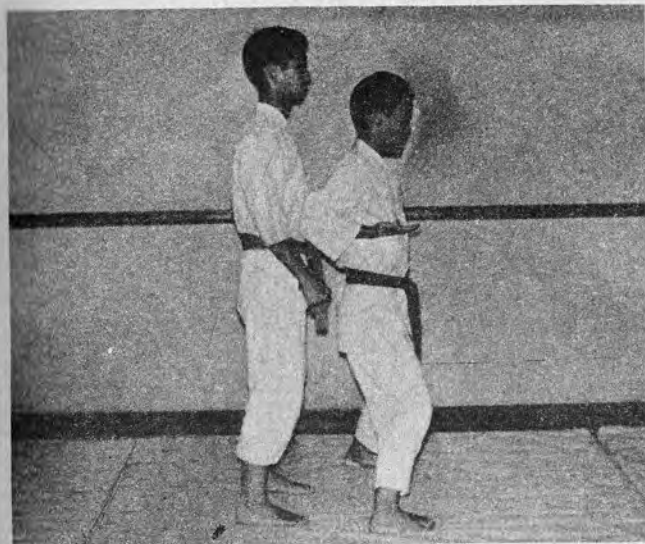
18. Forward elbow strike to solar plexus or jaw (Empi uchi).



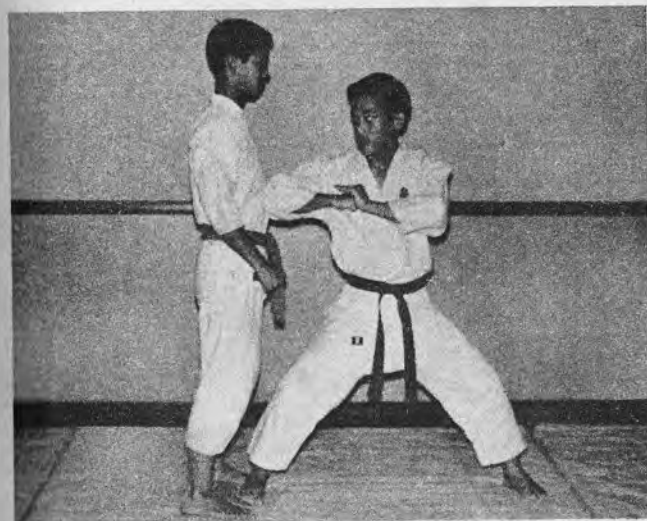
19. Upward elbow strike (Hiji ago uchi).



20. Downward elbow strike (Hiji shita uchi).



21. Back elbow strike (Hiji ushiro uchi).



22. Side elbow strike (Hiji uchi).

KARATE DEFENSIVE BLOCKING TECHNIQUES

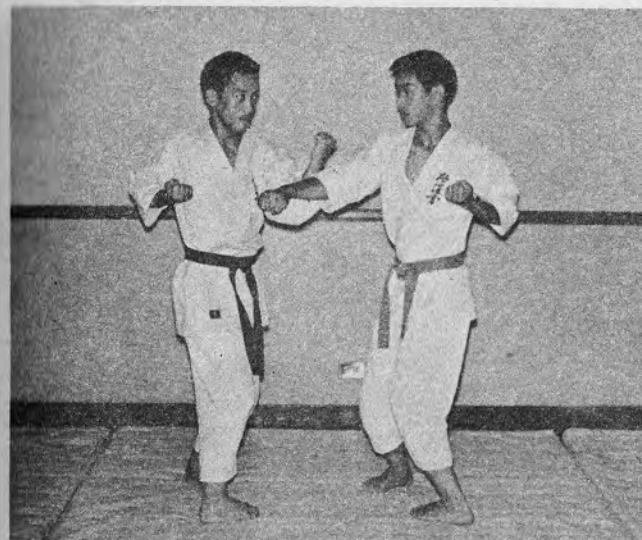
1



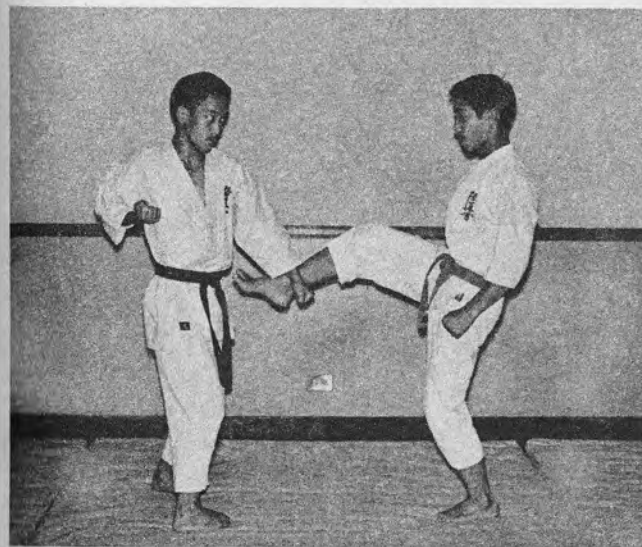
2



1. Upward high block (Jōdan uke).
2. Medium outside block (Chudan uchi uke).



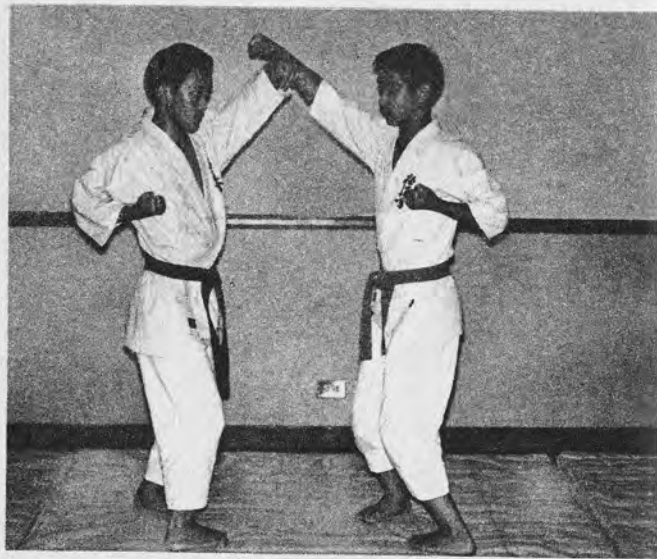
3. Medium inside block (Chudan soto uke).



4. Downward block (Gedan barai uke).



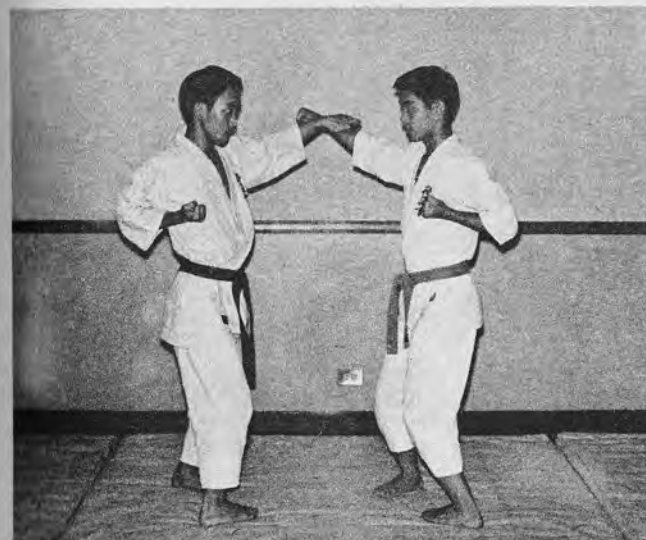
5. Downward and outside block (Gedan barai and chudan uchi uke).



6. Upward bent wrist block (Koken uke).



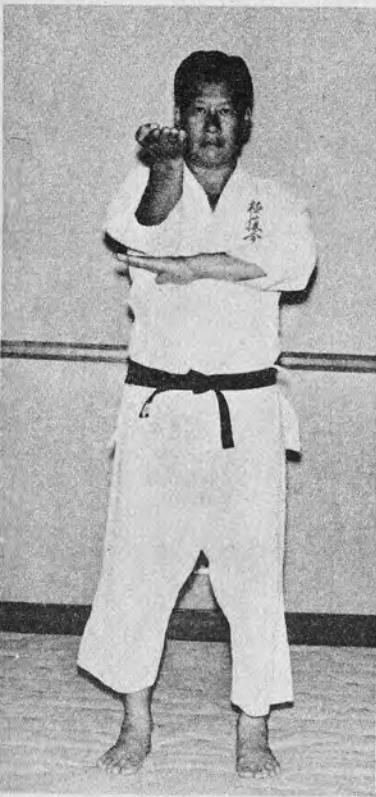
7. Chopping block (Shutō uke).



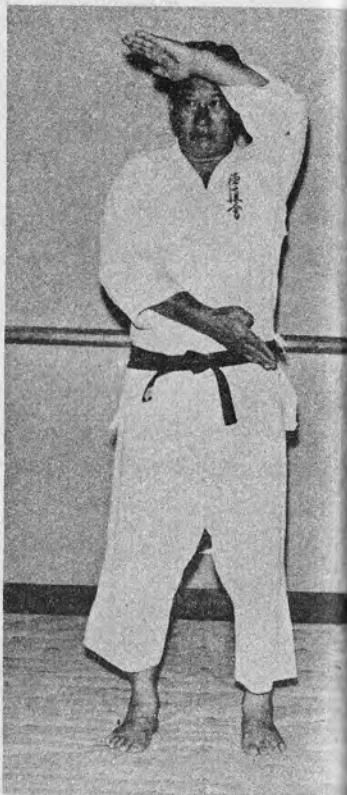
8. Upward hook block (Tenshō shutō gake).

9. MAWASHI UKE (Circular block—1).

A



B



A. Place hands in the position shown.

B. Make circular movements with both hands. The left hand defends against high attacks, and the right hand defends against low attacks.

C



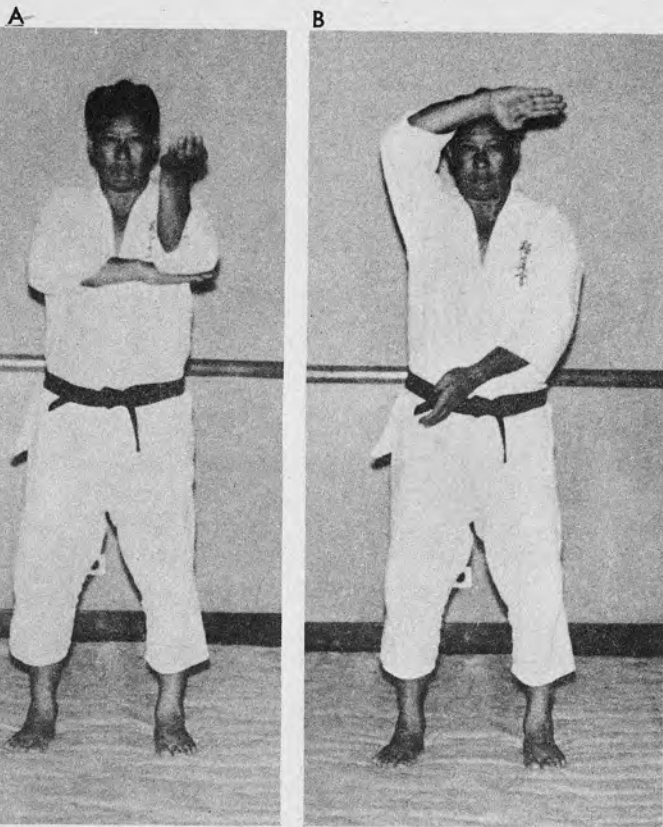
D



C. Complete the circular movements with the right hand revolving upward to the shoulder, and the left hand downward by the waist.

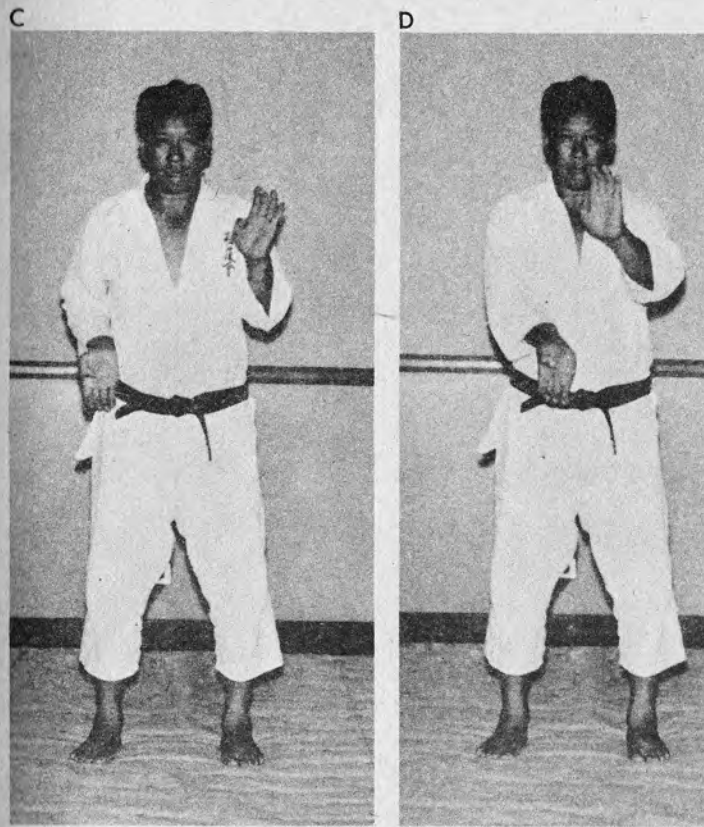
D. Strike both hands forward; the right hand toward your imaginary opponent's jaw, and the left hand toward his abdomen.

MAWASHI UKE (Circular block—2).



A. Place hands in the position shown.

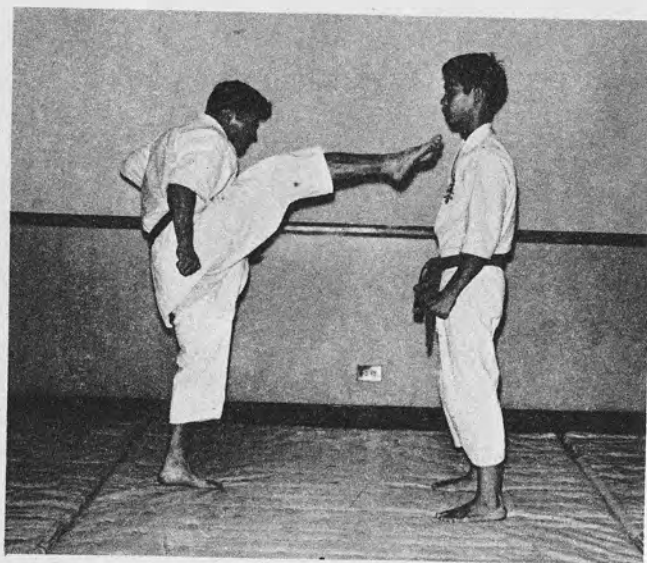
B. Make circular movements with both hands. The right hand defends against high attacks, and the left hand defends against low attacks.



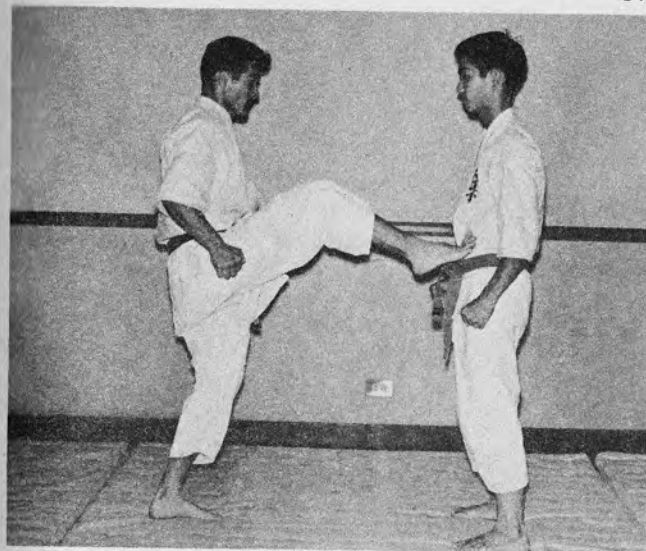
C. Complete the circular movements with the left hand revolving upward to the shoulder, and the right hand downward by the waist.

D. Strike both hands forward; the left toward your imaginary opponent's jaw, and the right toward his abdomen.

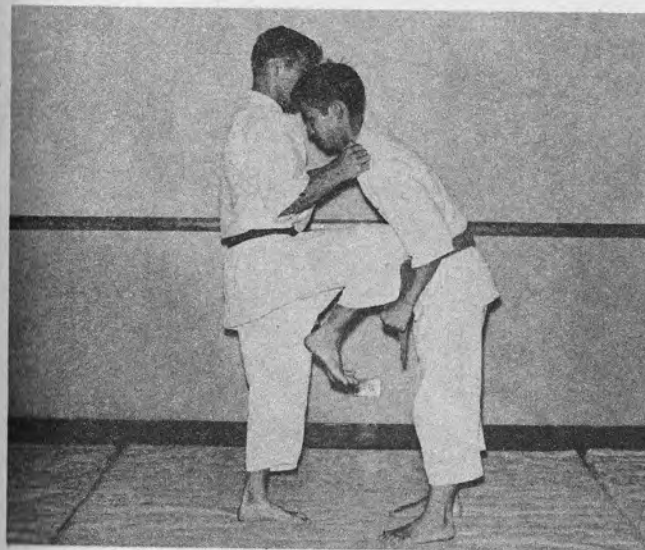
KARATE KICKING TECHNIQUES



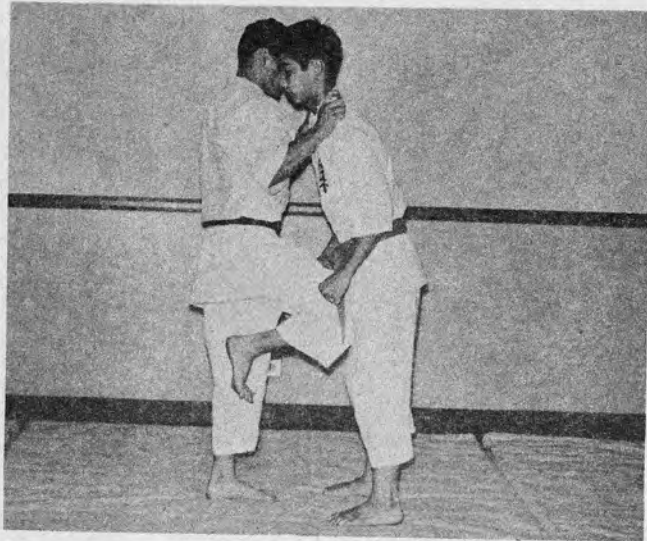
1. Forward front kick to jaw (Maekeage geri).



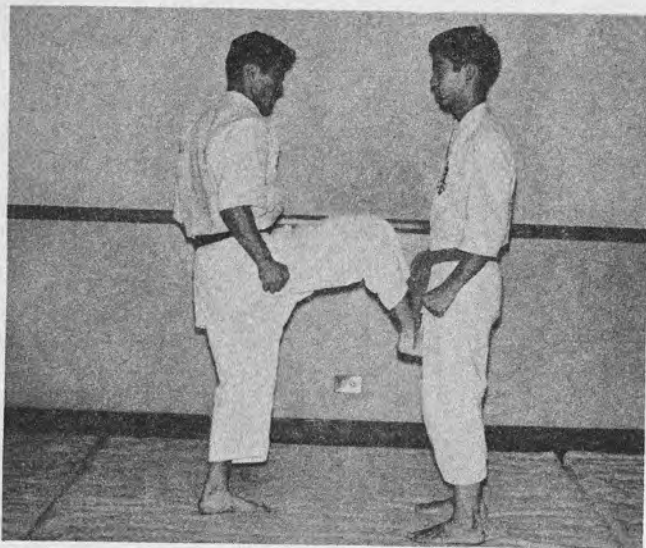
2. Forward front kick to stomach (Mae geri).



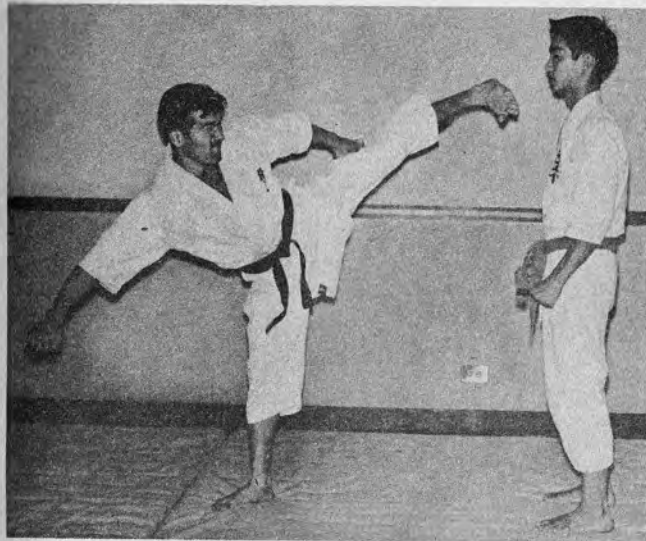
3. Forward knee kick to stomach (Hiza geri).



4. Forward knee kick to testicles (Hiza kin geri).



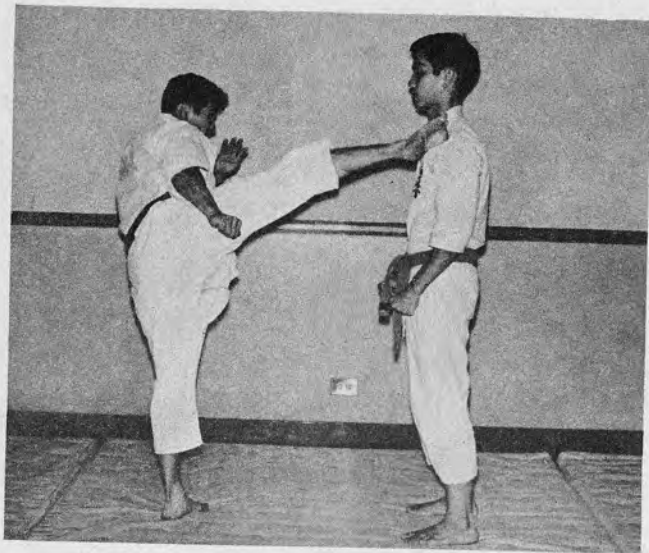
5. Forward ankle kick to testicles (Kin geri).



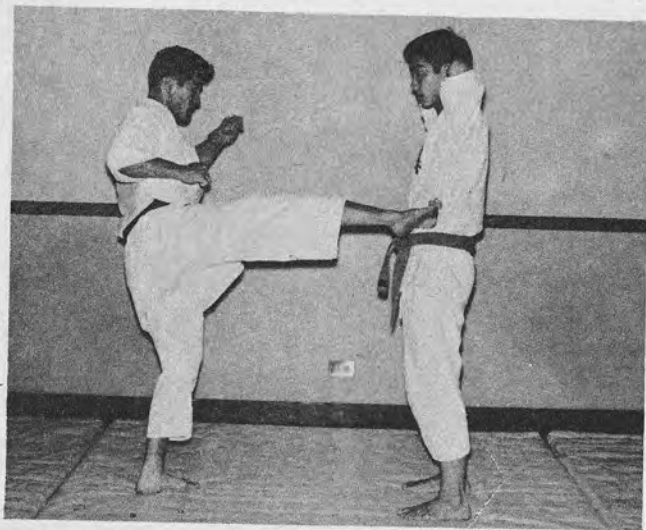
6. Side kick to face (Yokokeage geri).



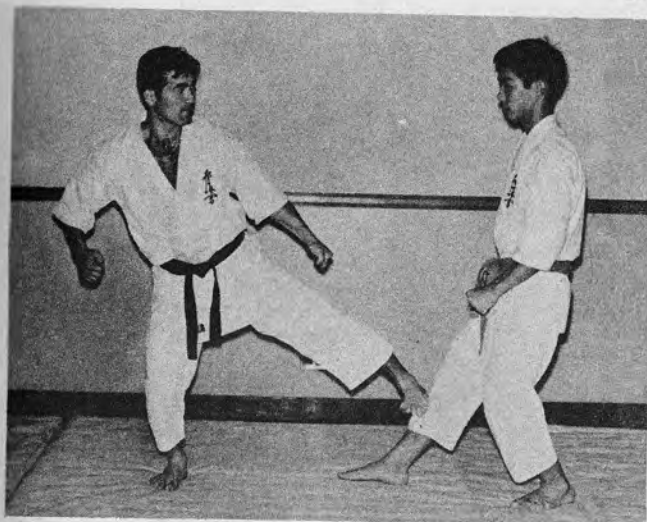
7. Side-thrusting kick (Yoko kekomi).



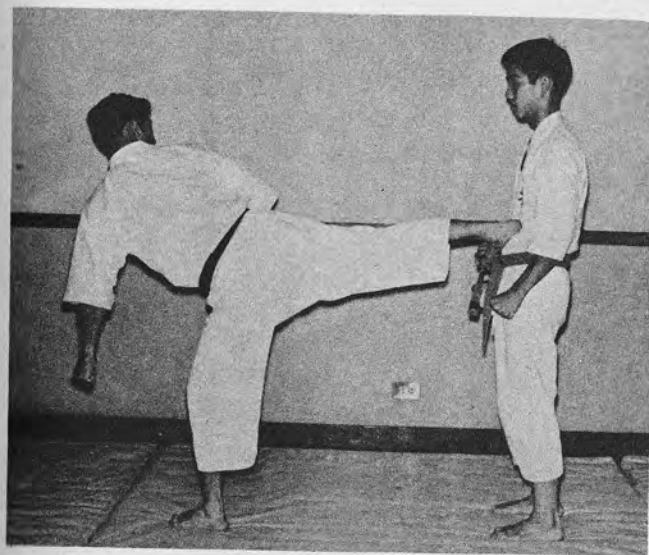
8. Roundhouse kick to face (Mawashi geri).



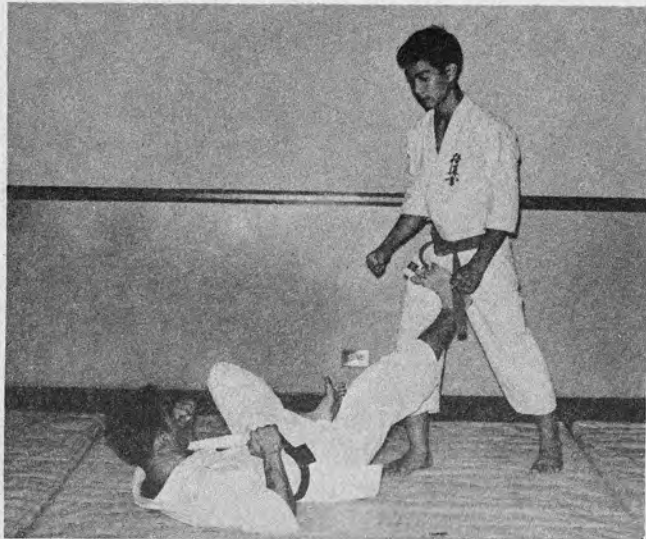
9. Roundhouse kick to the side of ribs or stomach (Mawashi geri).



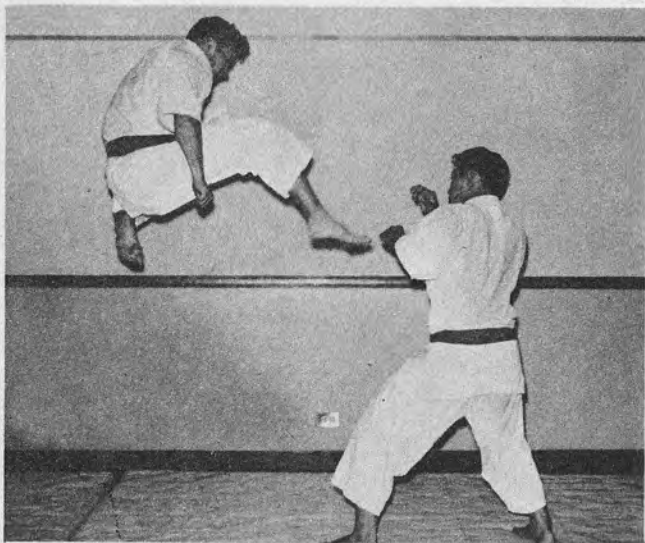
10. Stamping kick to shin, knee cap, or toes (Kansetsu geri).



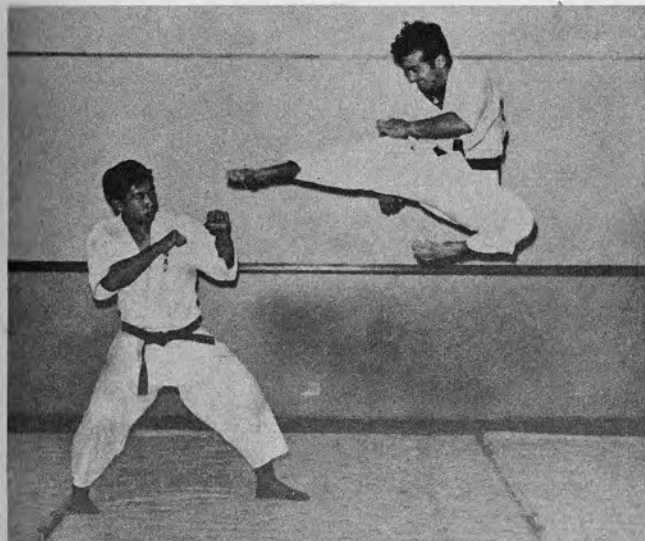
11. Back kick to the stomach or testicles (Ushiro kekomi).



12. Heel kick to the stomach or testicles (Kagato geri).



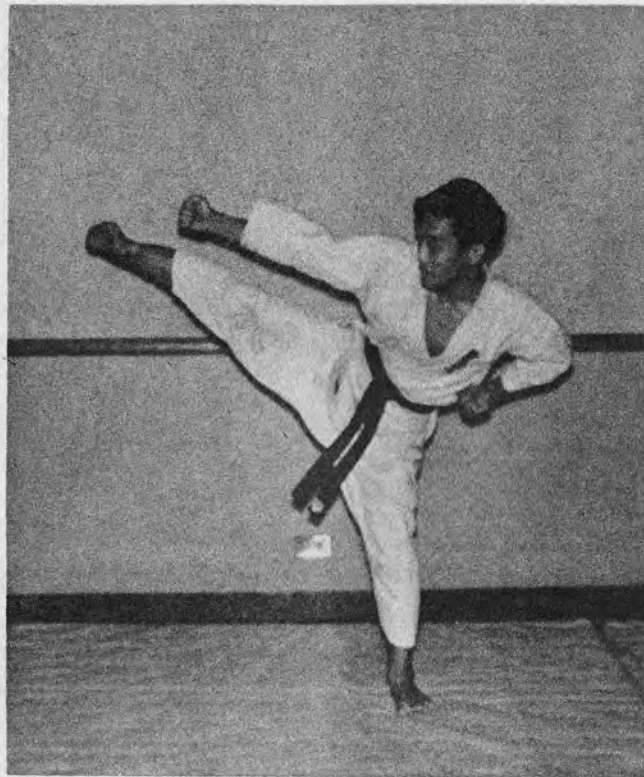
13. Forward jump kick (Mae tobi geri).



14. Side jumping kick (Yoko tobi geri).



15. Forward double-jump kick (Ni dan geri) or (Ni Mai geri).



16. Side kick (Yoko geri) and reverse strike (Uraken) executed simultaneously.

IX

KARATE BREATHING TECHNIQUES (KIAI)

The breathing exercise is one of the most essential phases of Karate training. Unlike for other sports, the Karate breathing exercise is a deep, lower abdominal breathing. This is executed from a natural stance, with the entire body relaxed and the toes gripping the floor. The inhaling is deep and full, through the nose into the stomach—simultaneously raising both arms to a bent position with both forearms horizontal to the ground and palms facing up—then exhaling through the mouth gradually down toward the stomach, and lowering both arms back to the starting position, with the back of the hand facing forward.

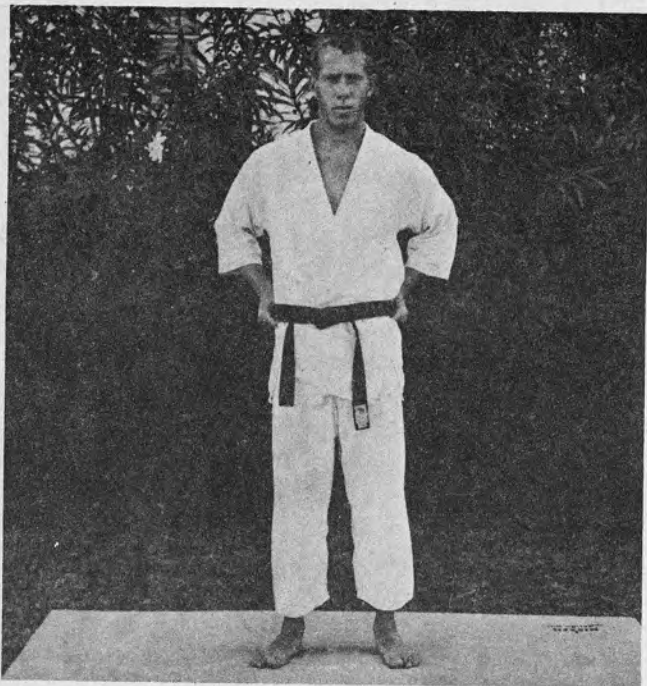
Karate breathing is designed not only to refresh the respiratory system and to conserve body energy, but most important, it is a means of strengthening the lower abdomen areas so that maximum internal strength of the body, together with the external power, will be delivered when a “Kiai” is uttered.

“Kiai” is a yell from the lungs generated from the lower abdomen. This outcry is executed when strikes or kicks are delivered or when maximum power is required to ward off an attack. Kiai properly executed is the essence of Karate power.

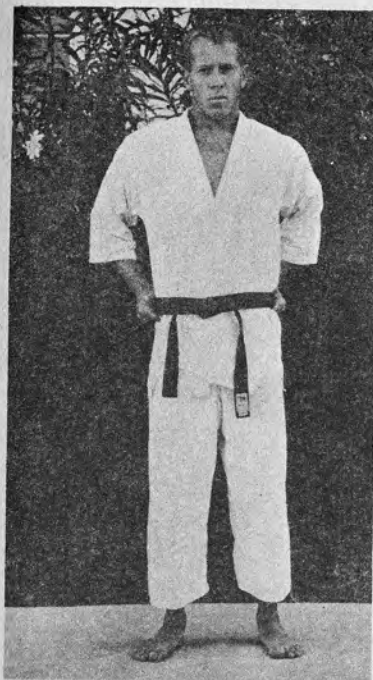
The hidden power derived from Kiai in its true sense is still an unsolved mystery. It can be roughly illustrated by the case of a person uttering a grunt to rally additional strength while lifting or moving a heavy object. Another illustration is the growl or roar of wild animals in their attacks. These outcries distract

and create fear, and also deliver uncanny strength far beyond the proportion of the animal's actual size and weight.

The following illustrations are examples of various Karate breathing exercises.



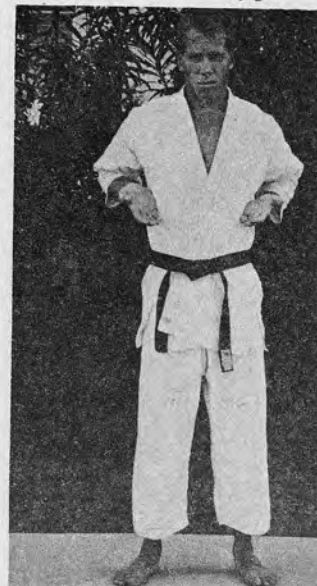
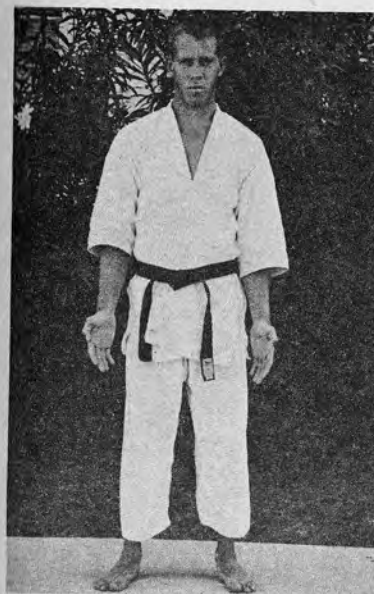
1. Deep breathing. Place hands on belt. Inhale through the nose and expand the rib cage sideways. Exhale violently through the mouth with strength exerted in the lower abdomen.



1. Deep breathing. (continued)



2. Long wave breathing. Extend both hands outward. Inhale through the nose and bring the hands toward your chest, then exhale through the mouth and twist the hands over, and extend the palms downward.



3. Short wave breathing.

Take a short breath in through the nose and pull both palms upward; hold your breath and twist the palms over, and thrust the 1st two fingers forward (as in a poking motion) with strength exerted at the lower abdomen. Now exhale lightly and repeat the cycle.

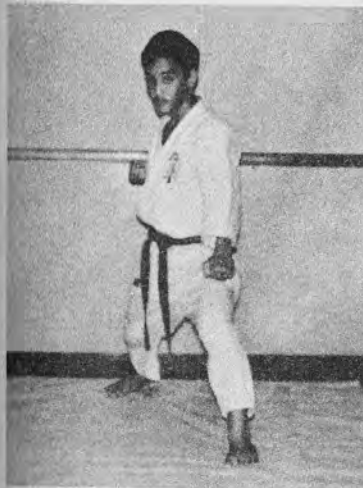


4. Light breathing. Inhale gently through the nose and raise both hands upward, then exhale through the mouth whilst turning both hands over and pushing downward. Use no strength at all in this movement.

KARATE CO-ORDINATION EXERCISES (OI TSUKI)

In all of the following exercises be sure to keep your head at a straight level. Place an imaginary opponent before you. Be sure to practice each exercise at least 20 times every training session.

1



2



1. Assume gedan barai.

2. Move forward with the right foot and deliver a right medium punch.

3



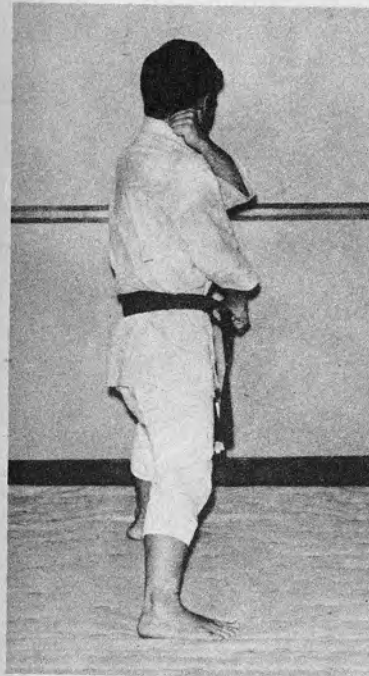
4



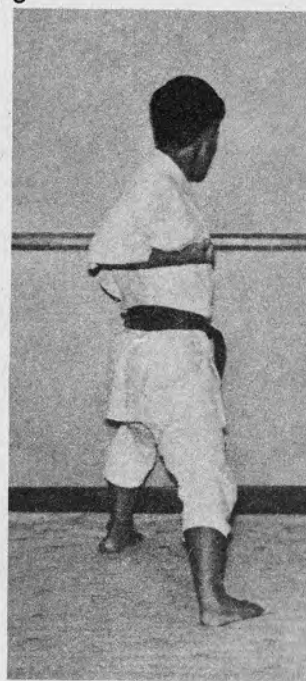
3. Move forward with the left foot and deliver a left medium punch.

4. Move forward again with the right foot and deliver a right medium punch.

5



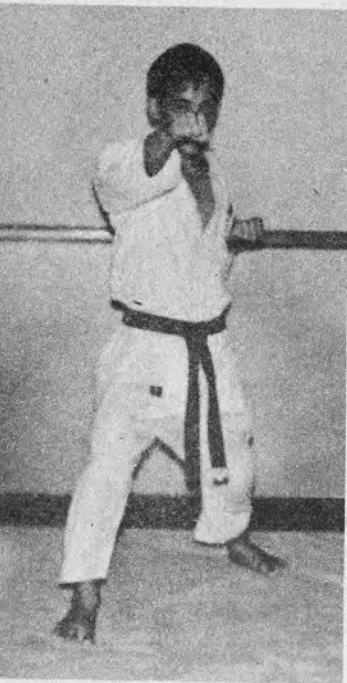
6



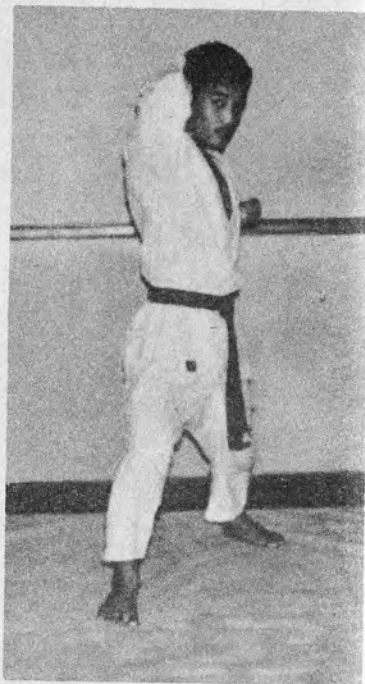
5. Place the left foot slightly to the right and pivot 180 degrees on the soles of both feet.

6. Complete the pivot and strike down in a gedan barai pose, as shown in photo.

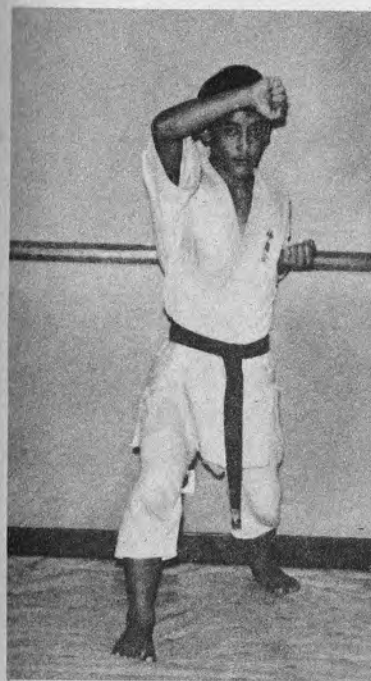
Using the same feet described in photos 1 through 6, practice the following movements.



A. High punch.



B. Upward elbow strike.



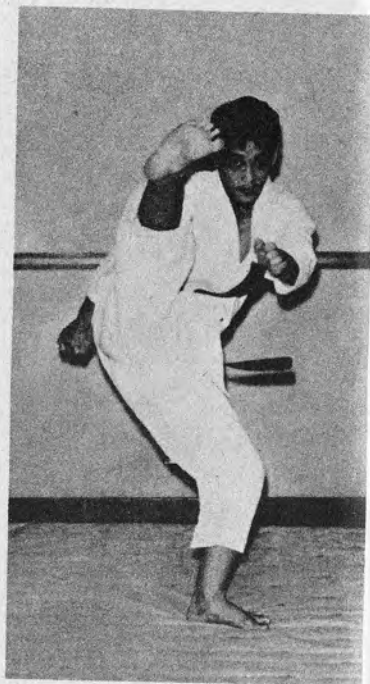
C. Upward closed block.



D. Outward closed block.

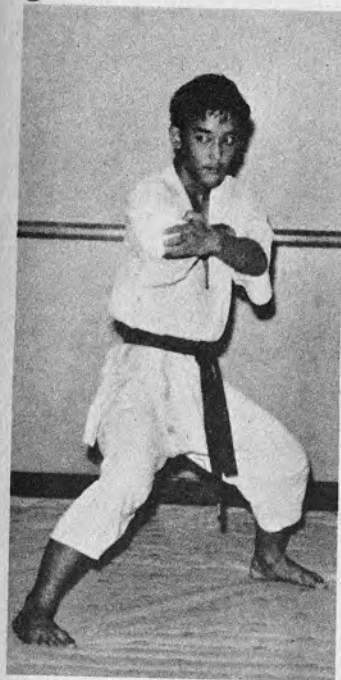


E. Forward front kick.



F. Roundhouse kick.

G

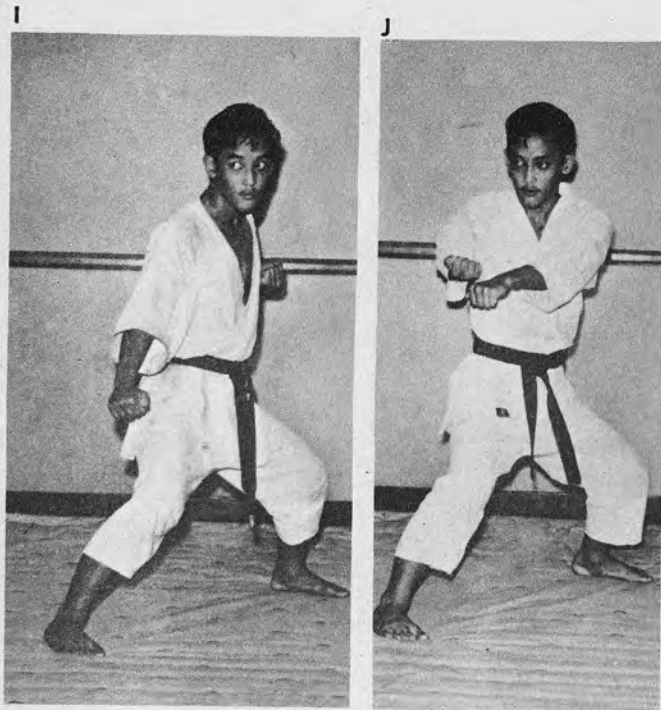


G. From the gedan barai pose, move forward, with the right foot at a 45 degree angle—using the "horse" stance—and execute a forward elbow strike.

H



H. Strike out with a right reverse strike and place the left hand as shown.



I. Immediately strike with a downward strike and place left hand as shown.

J. Deliver a left forward medium punch. Move forward with the left foot and, using the left hand, execute movements G, H, I, J, above. Move forward with the right foot and execute with the right hand, the movements shown in G, H, I, and J. Pivot and complete the movements in Nos. 5 and 6.

KARATA FORMS (KATAS)

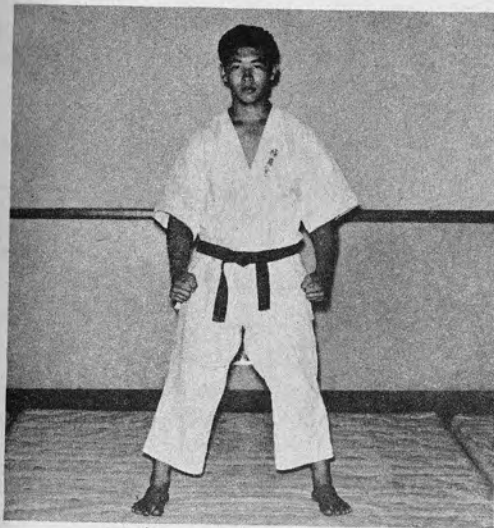
Included in all Karate training are the so-called Karate Forms, or "Katas," which are a series of patterned defensive and offensive techniques performed in a set order. The primary purpose of these Katas is to stress coordination of mind, body and eye movements, and various hand and leg techniques, so that the Karate student would be able to successfully defend himself against one or more opponents attacking from any direction, regardless whether they are armed or unarmed.

Although there are more than 50 types of Katas, the Kyokushinkai method of Karate utilizes 16 of them. Some are simple and short whilst others are longer and more complicated. Some even stress dynamic tension and are executed very slowly. Some



movements were even adapted from animals (of the bear and cat family) by the great Karate masters who observed these beasts in combat.

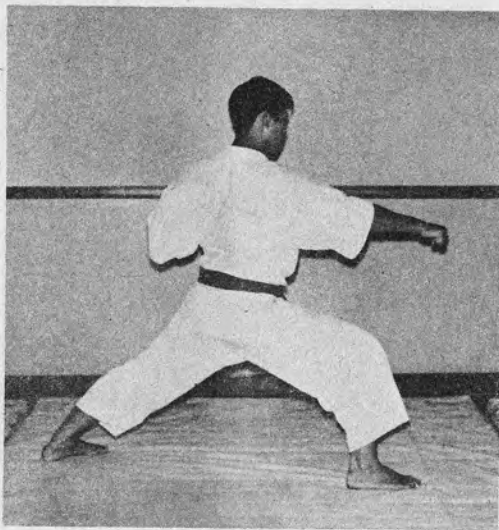
People unfamiliar with Karate may be puzzled as they watch students go through the various Katas, but they should remember that each movement has a definite purpose and, in combat, would be executed with astounding speed, accuracy and effectiveness.



1. Move the right foot out and assume the hachiji dachi. Keep the fists slightly forward and away from the body.



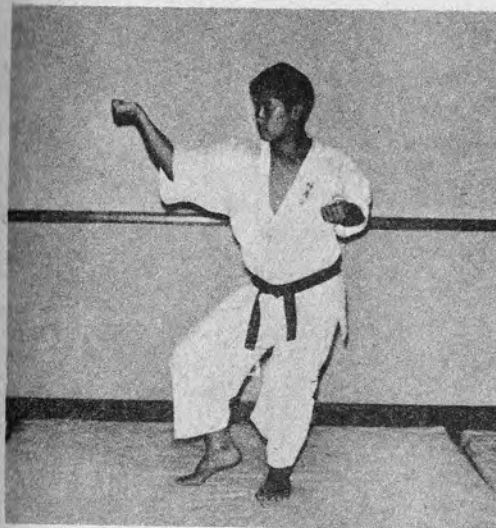
2. Step out with the left foot and execute a left gedan barai, or downward block.



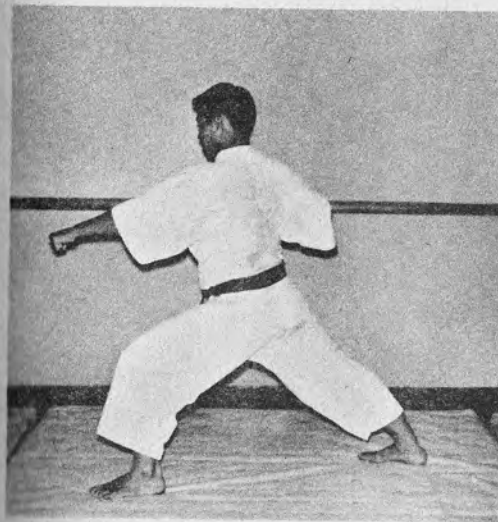
3. Step forward with the right foot and deliver a right forward medium punch.



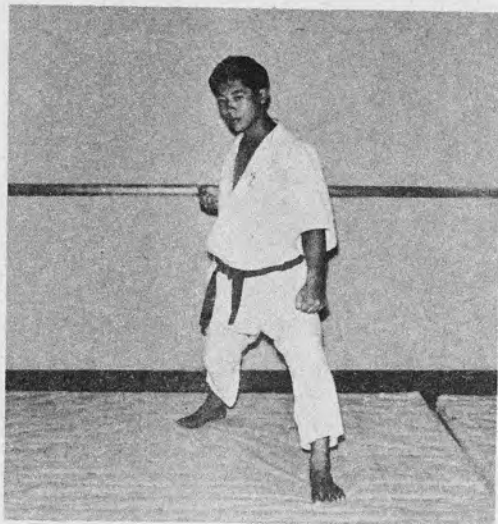
4. Now pivot 180 degrees toward the right, using the left leg as axis, and execute a downward block.



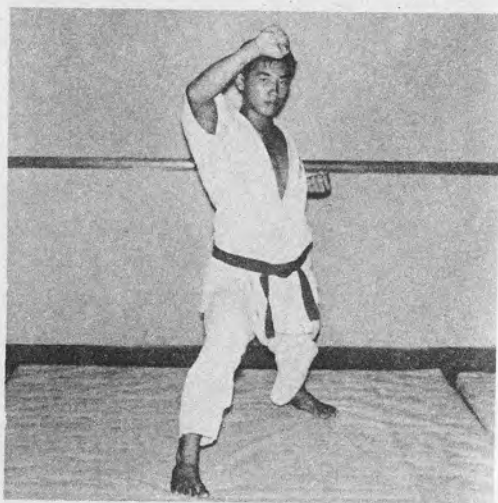
5. Pull back the right foot and assume the "cat" stance, and execute a closed edge-of-fist strike.



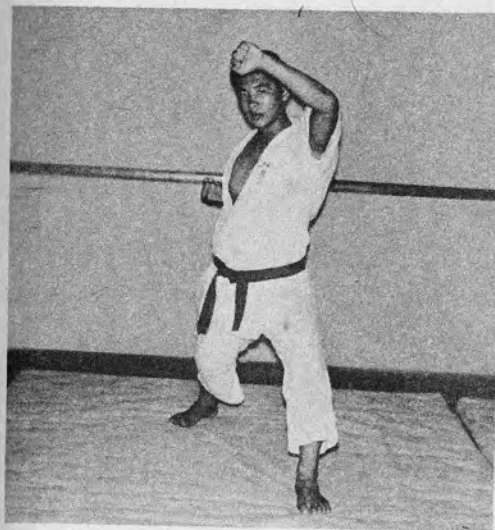
6. Step forward with the left foot and deliver a left forward medium punch.



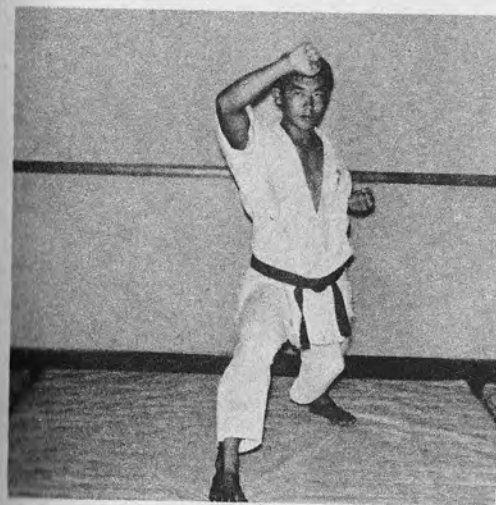
7. Turn your left foot 90 degrees to the left and execute a left downward block.



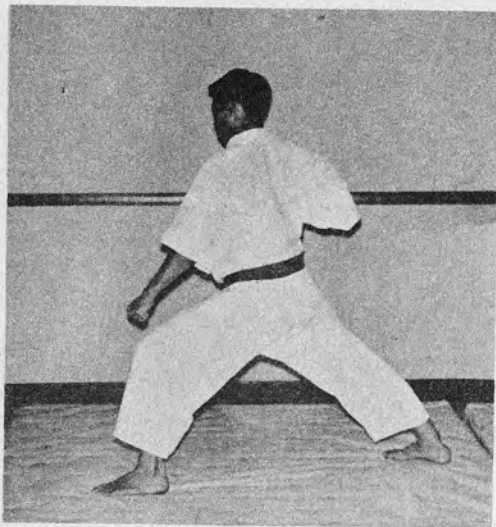
8. Step forward with the right foot and execute a right upward block.



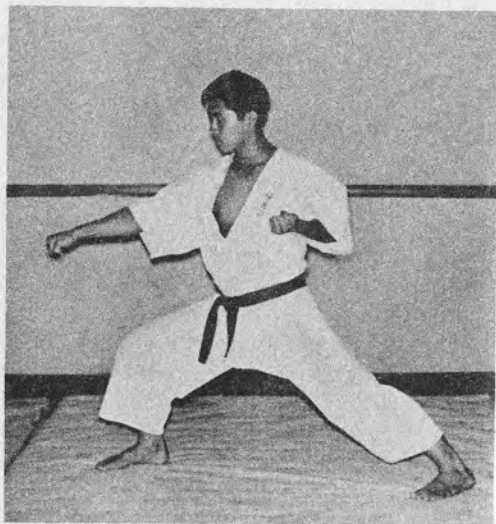
9. Step forward with the left foot and execute a left upward block.



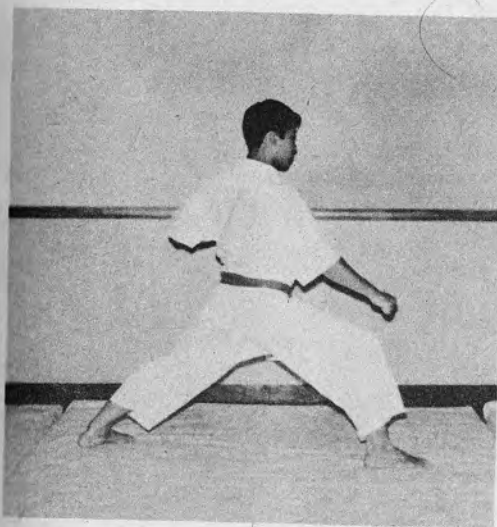
10. Step forward with the right foot and execute a right upward block. Shout "Yo" with a loud Kiai.



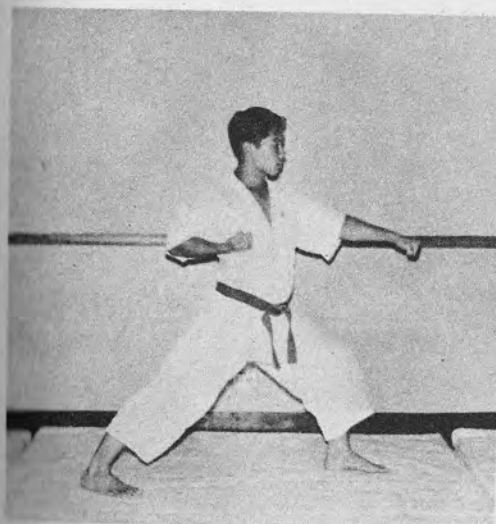
11. Swing the left foot 90 degrees to the left and execute a downward block.



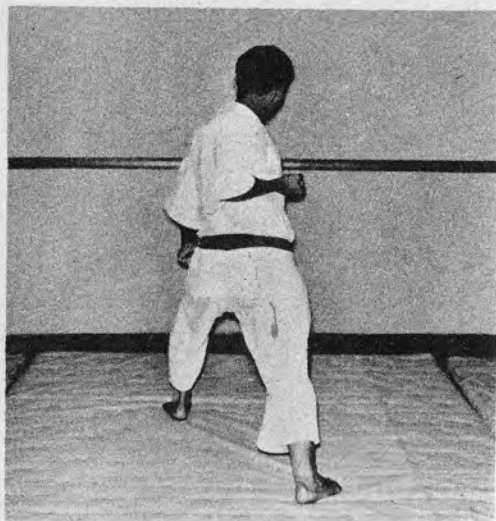
12. Step forward with the right foot and deliver a right forward medium punch.



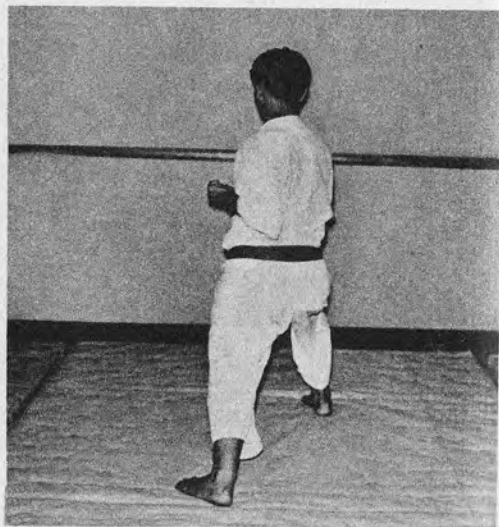
13. Pivot 180 degrees to the right and execute a right downward block, using the left foot as axis.



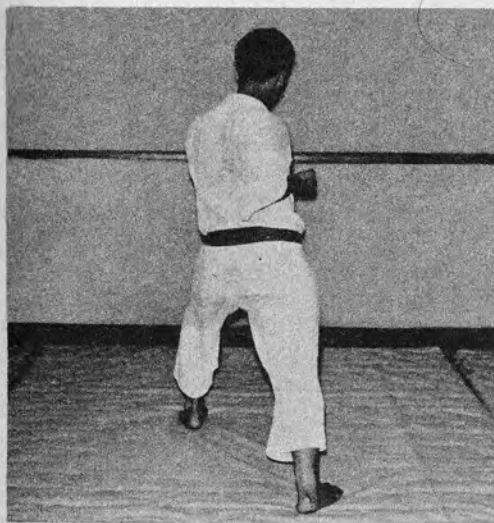
14. Step forward with the left foot and deliver a left forward medium punch.



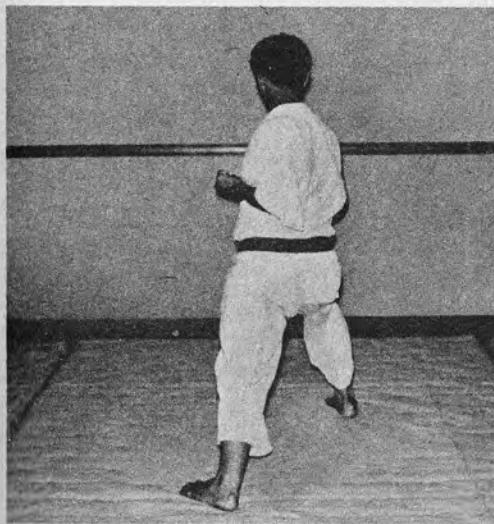
15. Swing the left foot toward the left at a 90 degree angle and execute a left downward block.



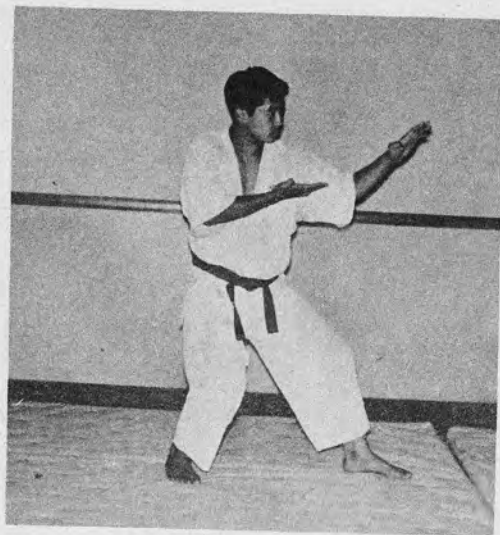
16. Step forward with the right foot and deliver a right forward medium punch.



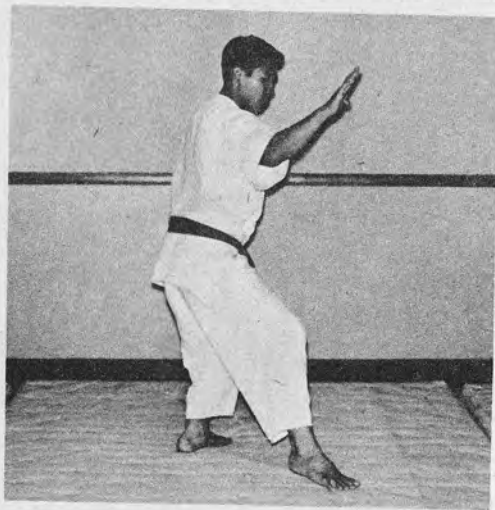
17. Step forward with the left foot and deliver a left forward medium punch.



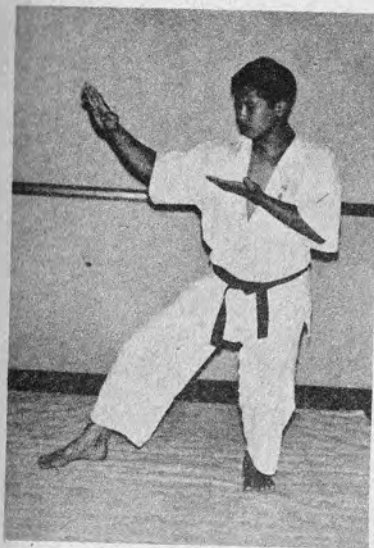
18. Step forward again and deliver a right forward medium punch.



19. Swing the left foot 90 degrees toward the left side into a "cat's stance" and execute a left chopping block.

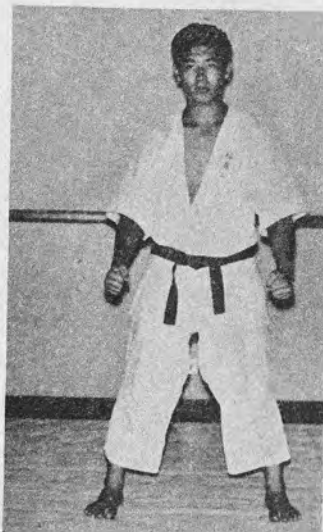


20. Step forward at a 45-degree angle with the right foot into a "cat's stance" and execute a right chopping block.



21. Swing the right foot 135 degrees to the right side into a "cat's stance" and execute a right chopping block.

22. Step forward at a 45-degree angle with the left foot into a "cat's stance" and execute a left chopping block.



23. Step back with the left foot and assume the hachiiji dachi, keeping the fists slightly forward and away from the body.

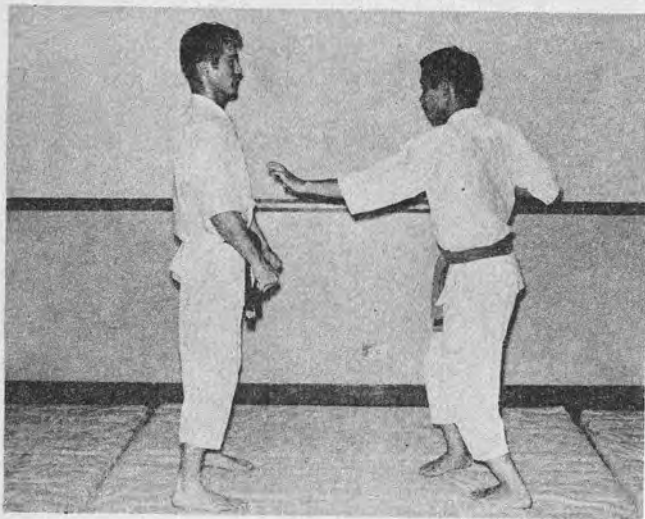
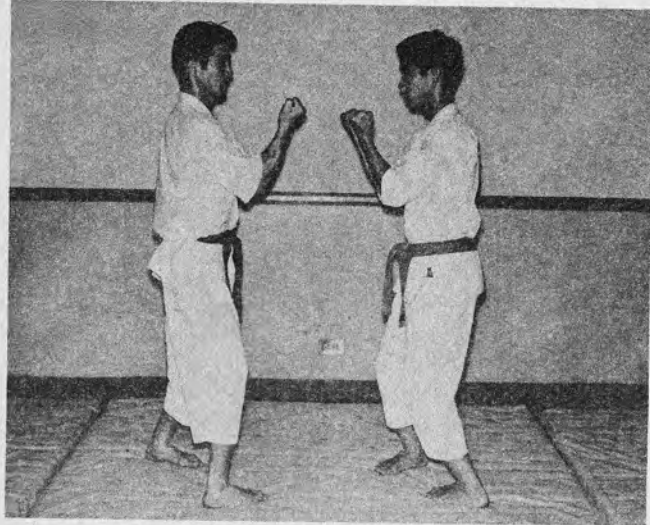


Karate Master Oyama executing his famous "Side Thrusting Kick" (Yoko geri).

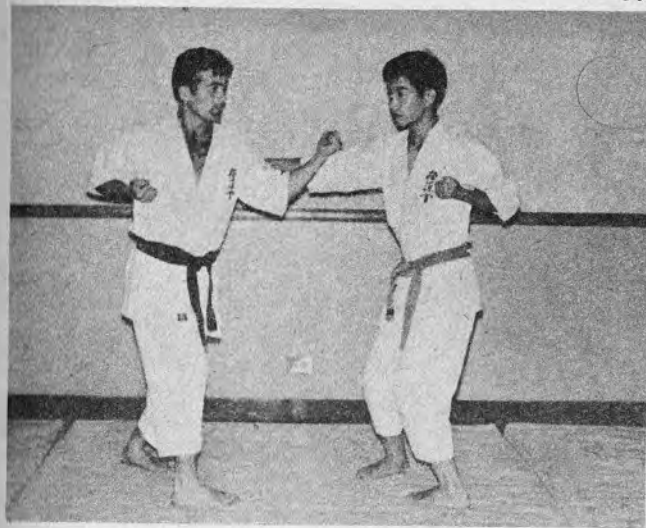
XII

KARATE TRAINING-TOGETHER TECHNIQUES

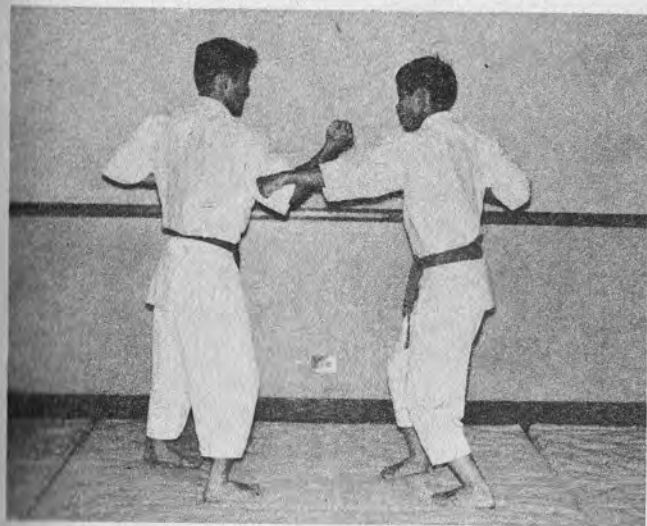
The training methods in this chapter were designed to help students to improve their basic striking and blocking techniques, and also, to develop and strengthen the forearms and wrists. The following movements should be practiced a minimum of 20 times each by every student. Be sure to use KIAI.



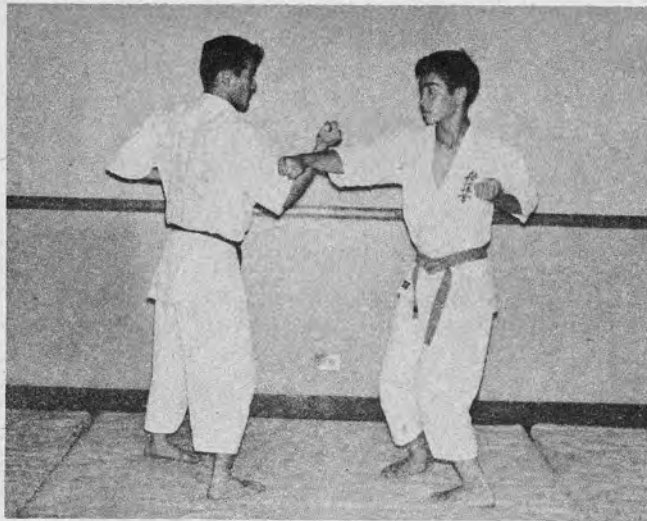
Both attacker and defender assume the Sanchin dachi (Fighting Stance). Look directly at your opponent's eyes without blinking too often. The attacker now places his left hand in an "open block" position and withdraws the right hand into a "ready position."



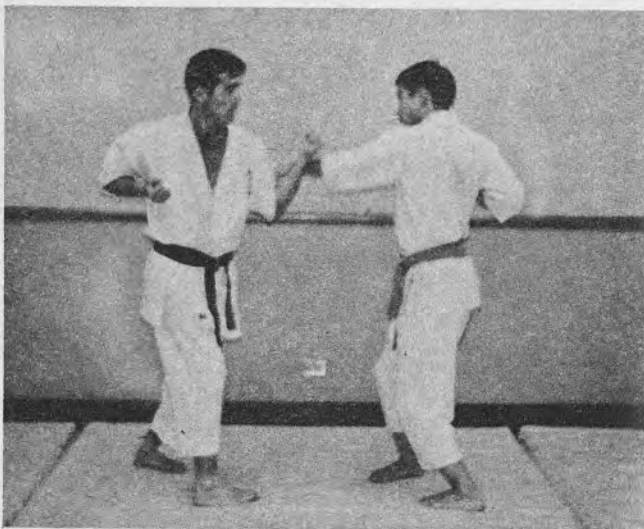
1. Attacker delivers a right-hand punch to the stomach. Defender blocks with a left outside strike.



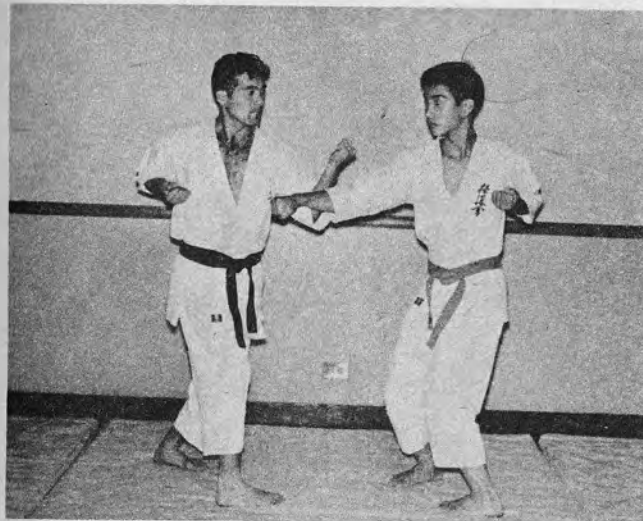
2. Defender blocks against a left punch to the stomach with a right outside block.



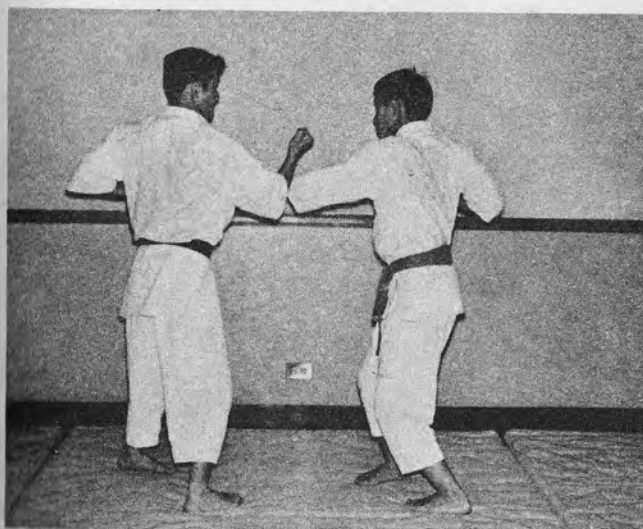
3. Defender blocks against a right punch to the stomach with a right outside block.



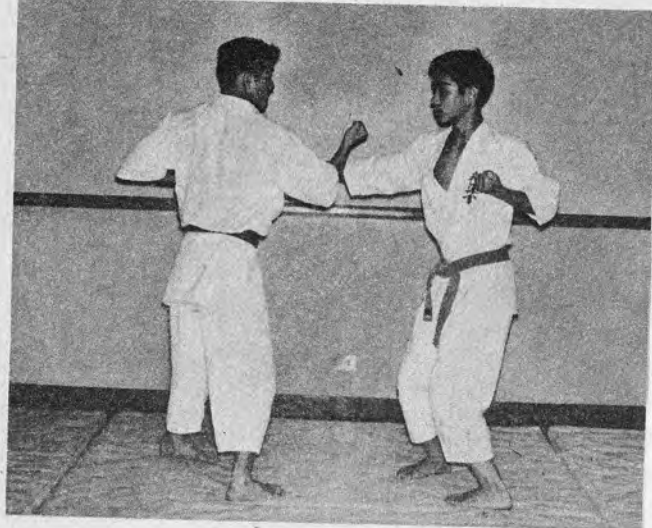
4. Defender blocks against a left punch to the stomach with a left outside block.



5. Defender blocks against a right punch to the stomach with a left inside strike.



6. Defender blocks against a left punch to the stomach with a right inside strike.



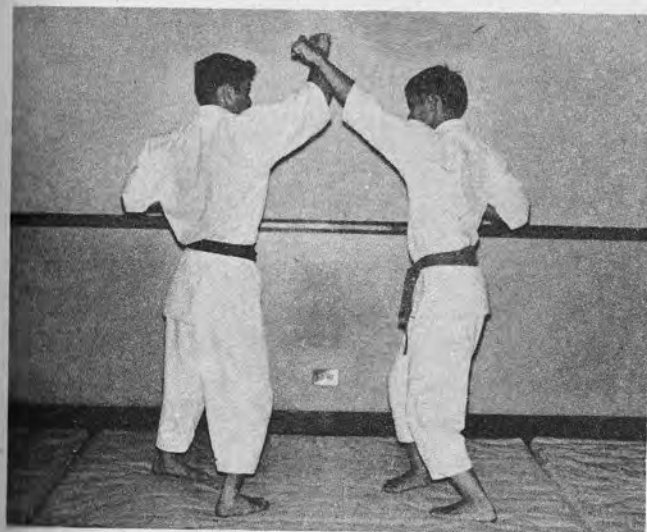
7. Defender blocks against a right punch to the stomach with a right inside strike.



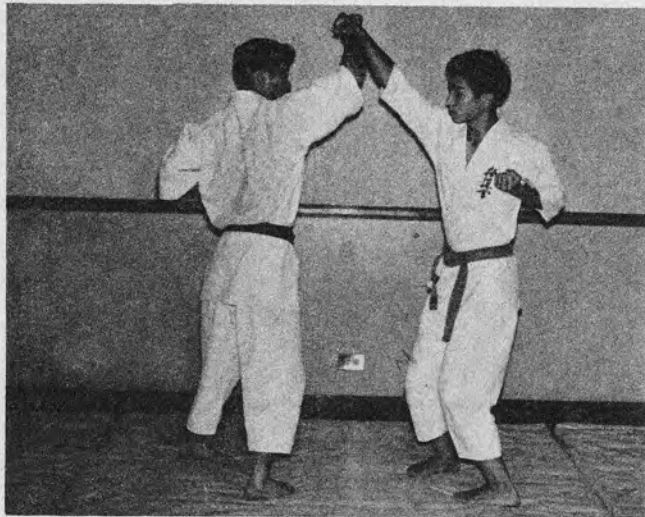
8. Defender blocks against a left punch to the stomach with a left inside strike.



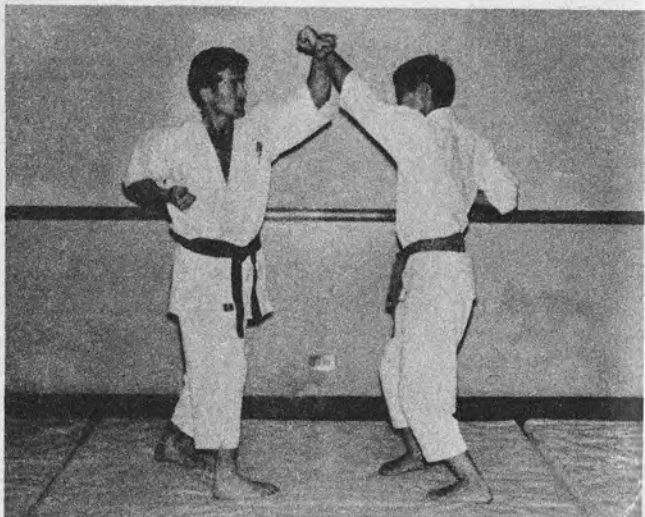
9. Defender blocks against a right punch to the face with a left upward strike.



10. Defender blocks against a left punch to the face with a right upward strike.



11. Defender blocks against a right punch to the face with a right upward block.

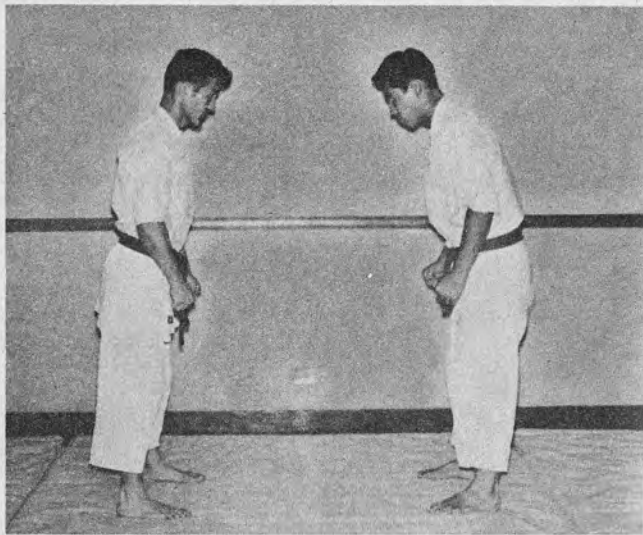
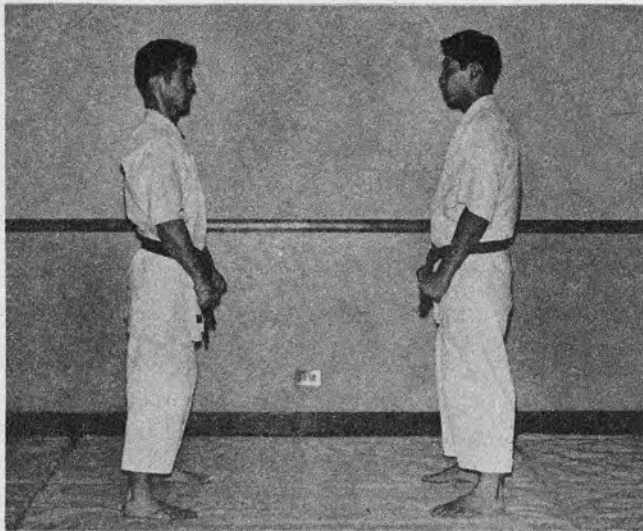


12. Defender blocks against a left punch to the face with a left upward block.

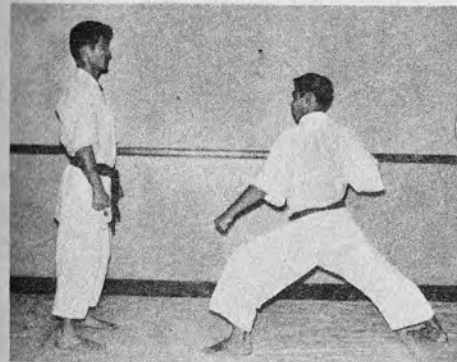
XIII

KARATE ONE-BLOW PREARRANGED SPARRING (IPPON KUMITE)

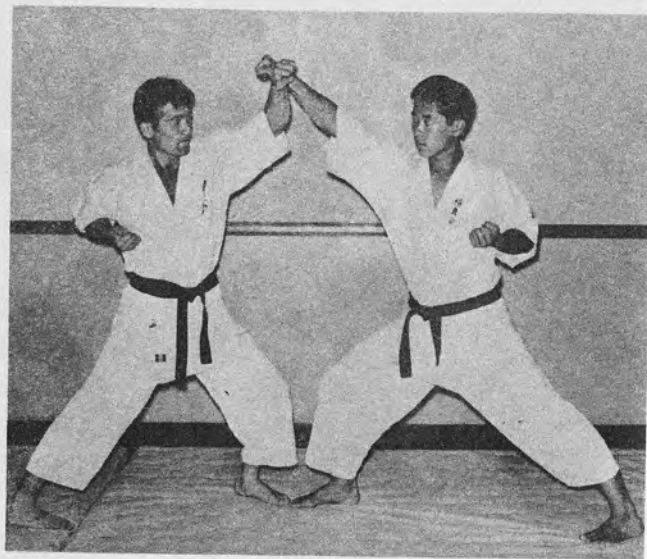
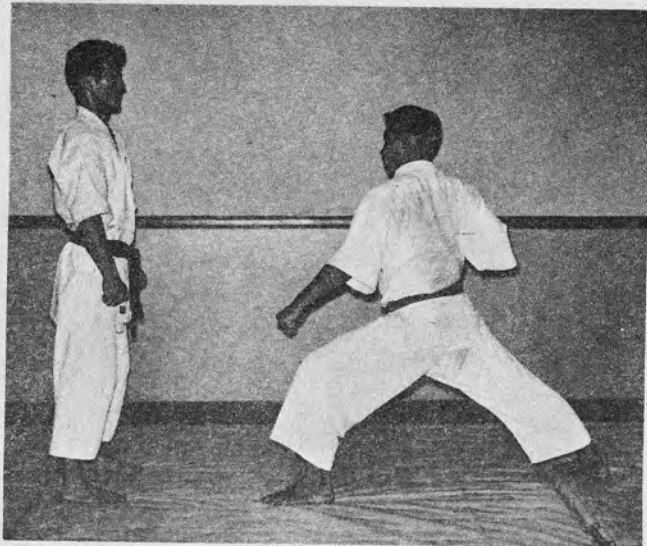
"Ippon Kumite" is the semi-free style fighting phase of Karate training. At this stage, students must be proficient in the fundamentals of Karate. The students usually train in pairs and alternate in the practice of defensive and counter-offensive techniques. However, all the movements are predetermined. The objective is to provide the students means to properly execute all the various defenses and counter-offensive techniques. This stage of Karate training is essential in the development of actual applications of Karate techniques.



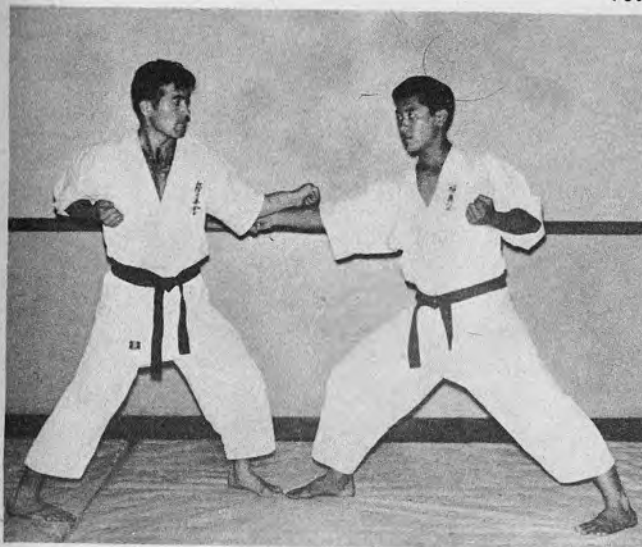
Both attacker and defender assume the Heiko dachi pose (Natural stance). Be sure to look at your opponent's chest when bowing, trying to visualize his entire anatomy at the same time.



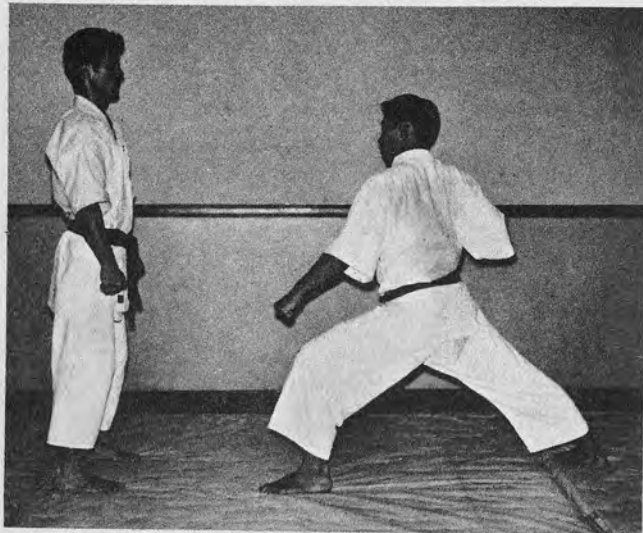
1. Block the opponent's right punch to the stomach with a left inside block, then strike his ribs with a right punch.



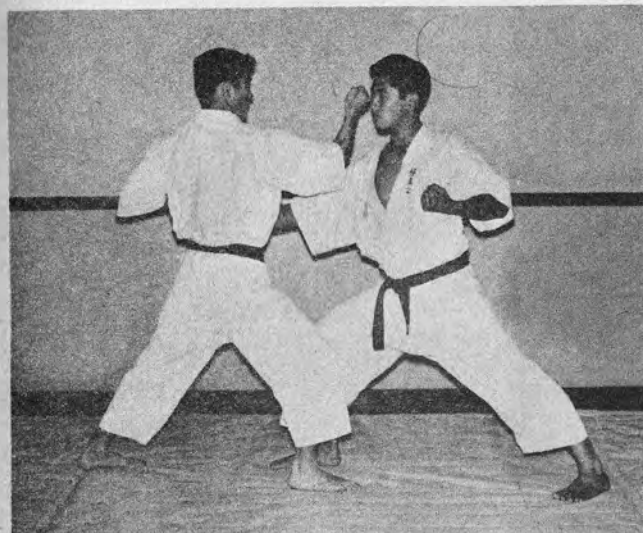
2. Block the opponent's right punch to the face with a left upward block, then strike him in the face with a right punch.



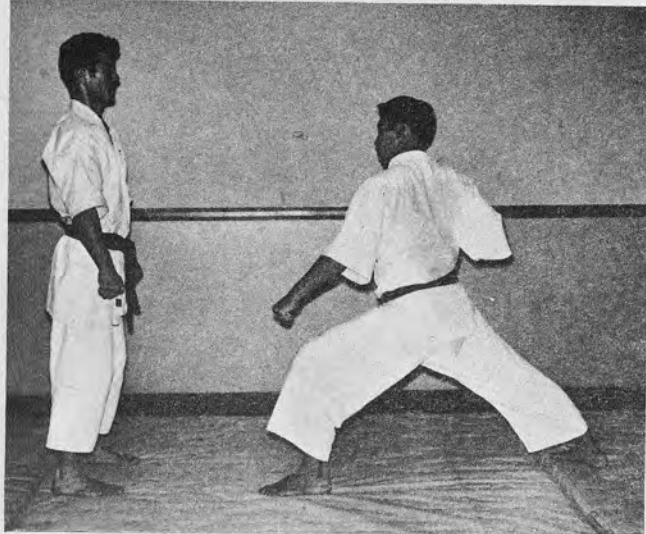
2. (continued)



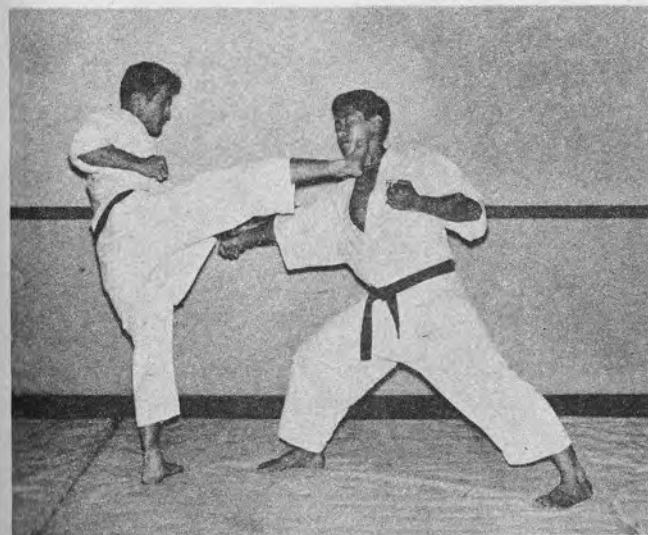
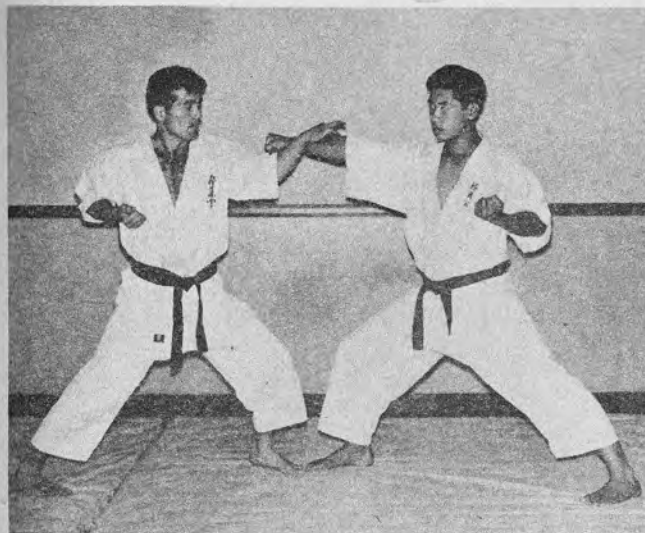
3. Block the opponent's right punch to the stomach with a right inside block, then strike him in the face with a right reverse punch and follow through with a left punch to the ribs.



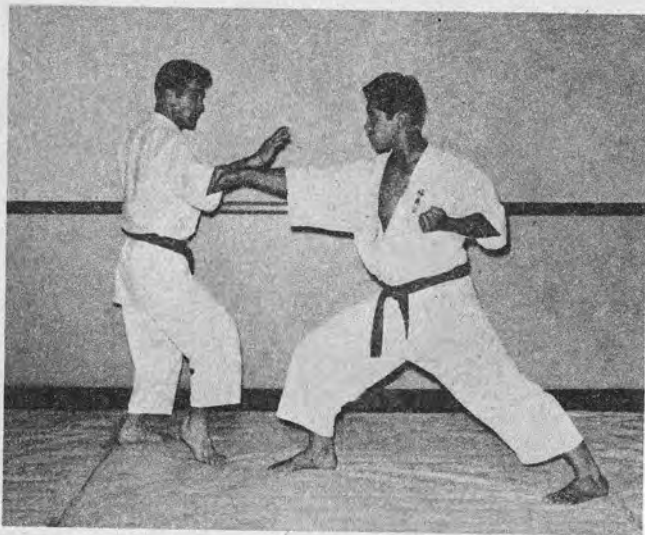
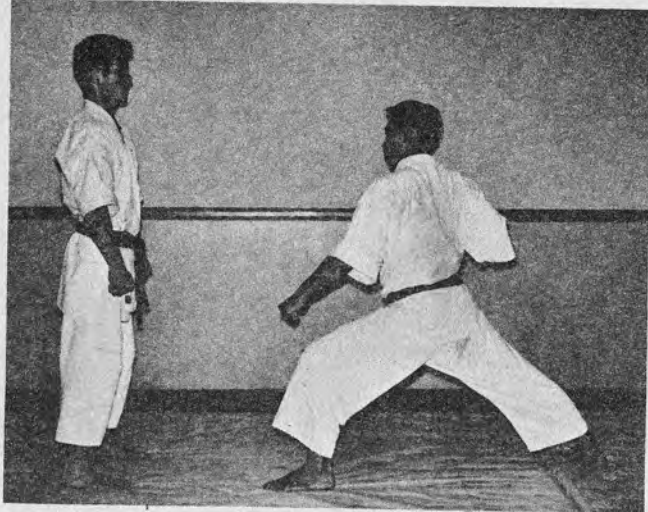
3. (continued)



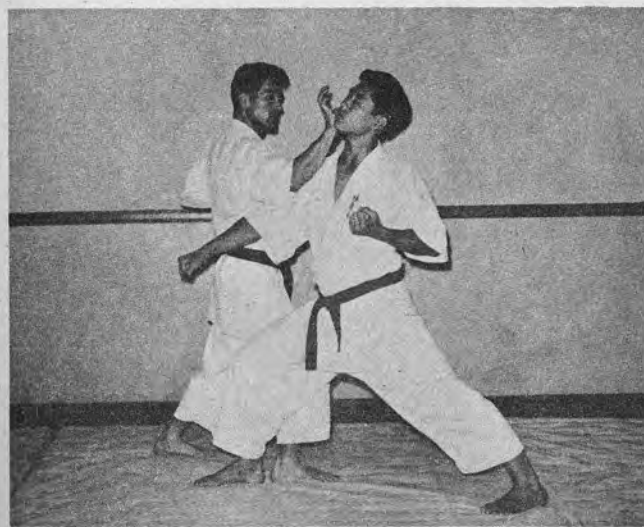
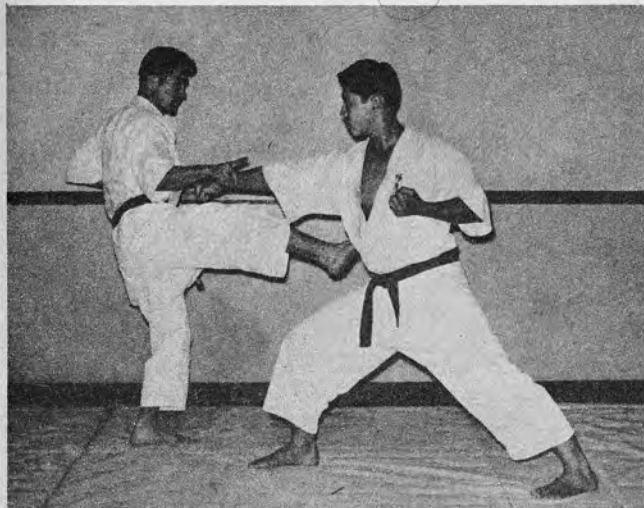
4. Block the opponent's right punch to the face with a left upward chop block, then grab his wrist and follow through with a right roundhouse kick to the stomach or face.



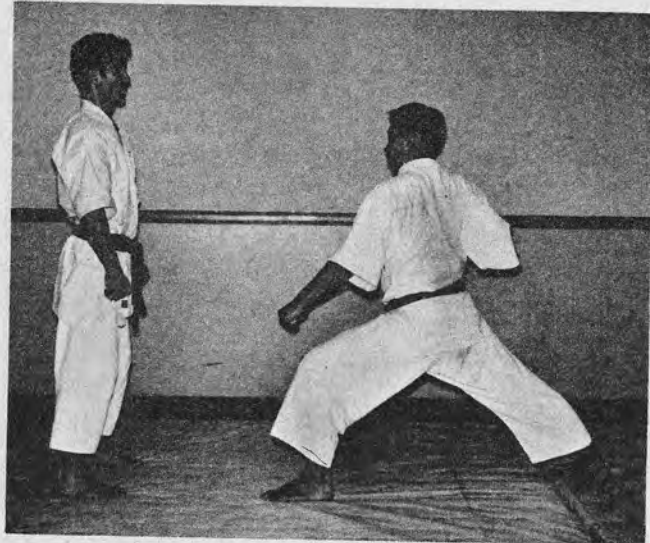
4. (continued)



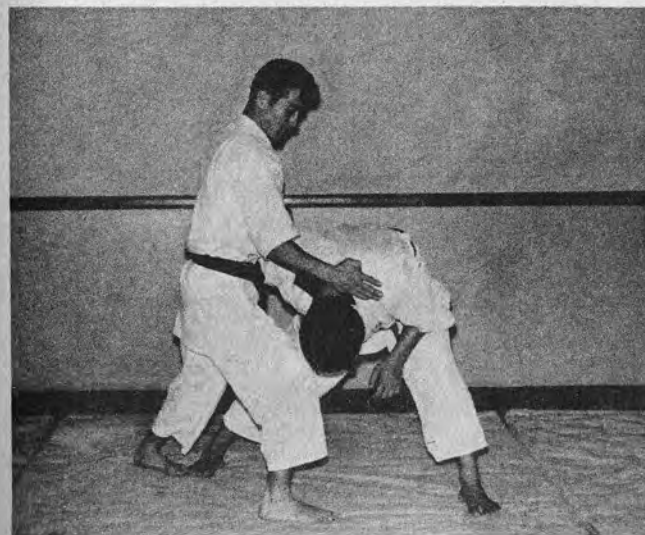
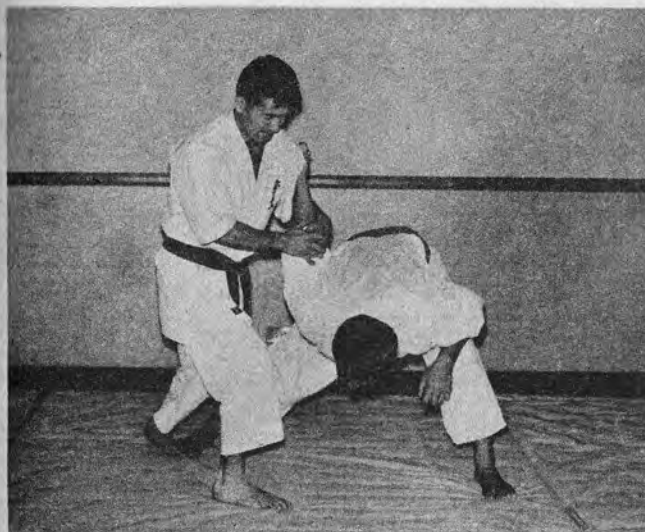
5. Move to the left into a "cat's" stance and block the opponent's punch to the stomach with a right chopping block; then grab his wrist and kick his ribs with a forward kick, and follow through with a right palm heel strike to his jaw.



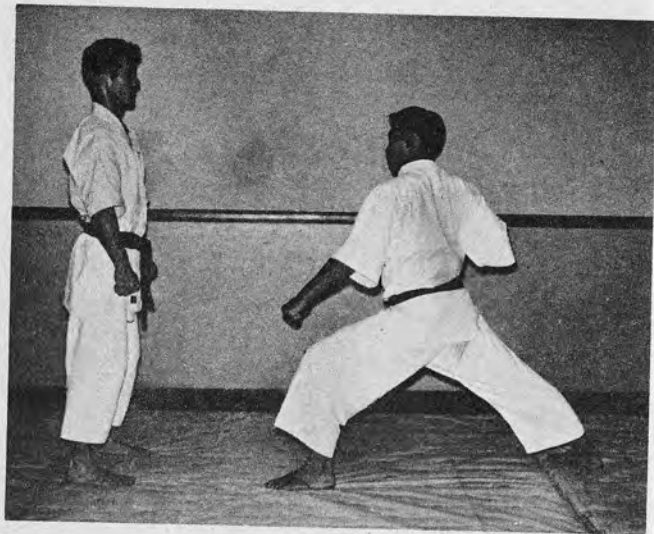
5. (continued)



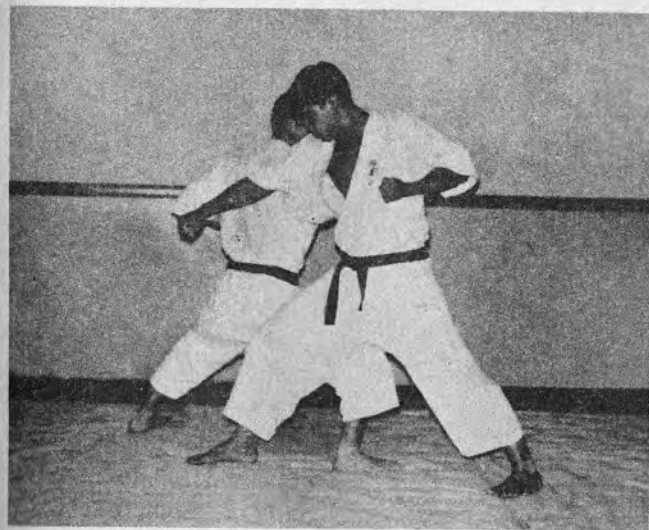
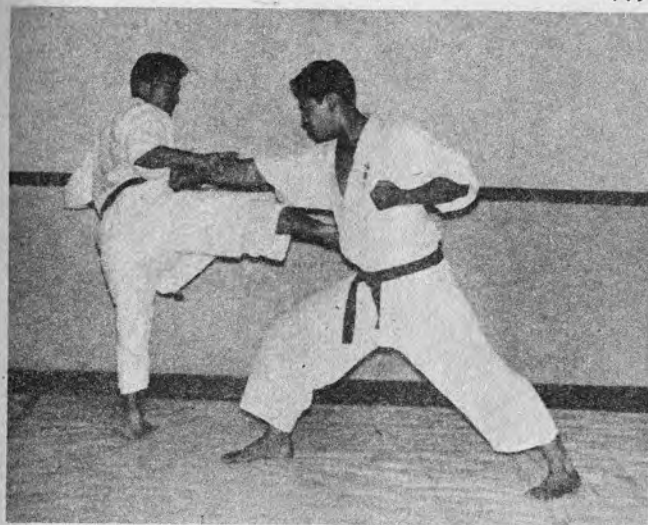
6. Block the opponent's punch to the lower abdomen with a left downward block; then execute a left folding armlock to break his elbow, and follow through with a right chop to the back of his neck.



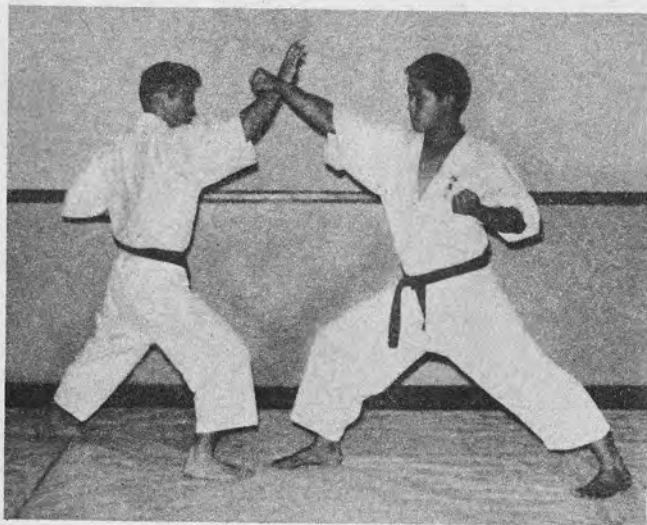
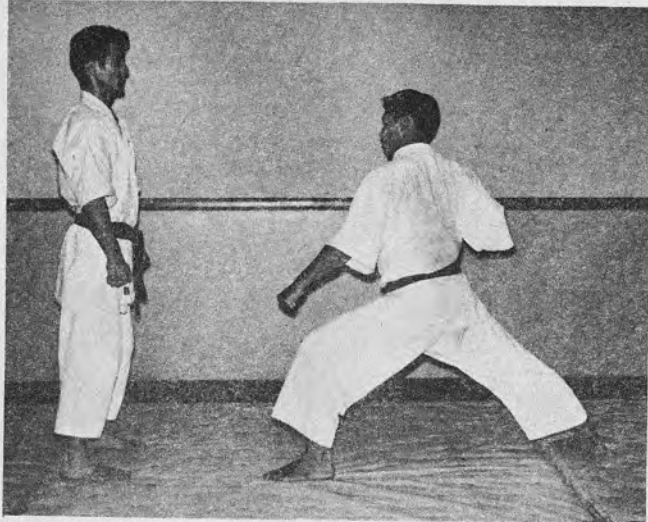
6. (continued)



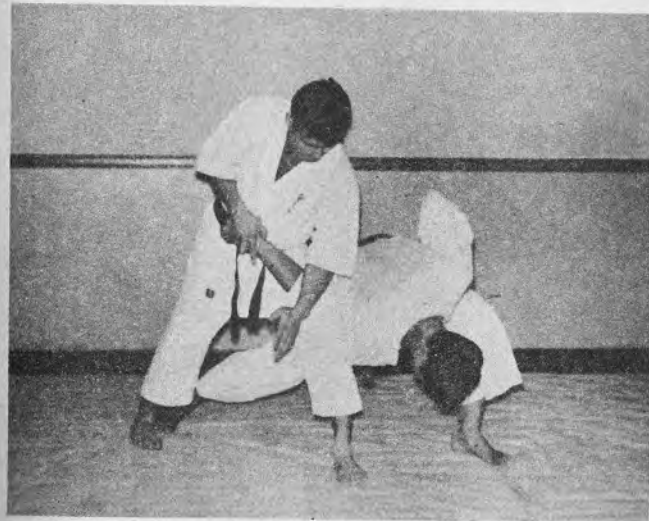
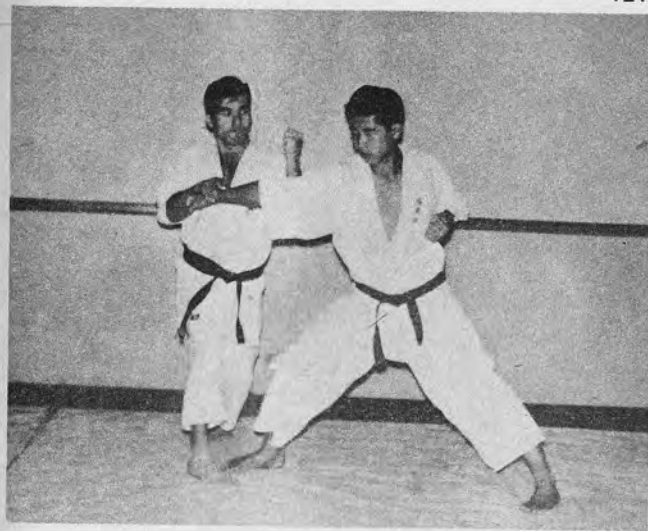
7. Move to the left into a "cat's" stance and block the opponent's punch to the stomach with a right chopping block; then grab his wrist and kick his ribs with a right side thrusting kick, and follow through with a side elbow strike to his kidney.



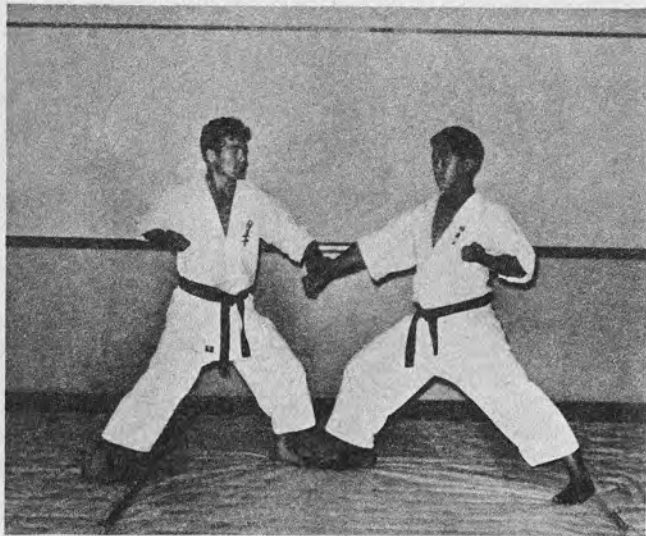
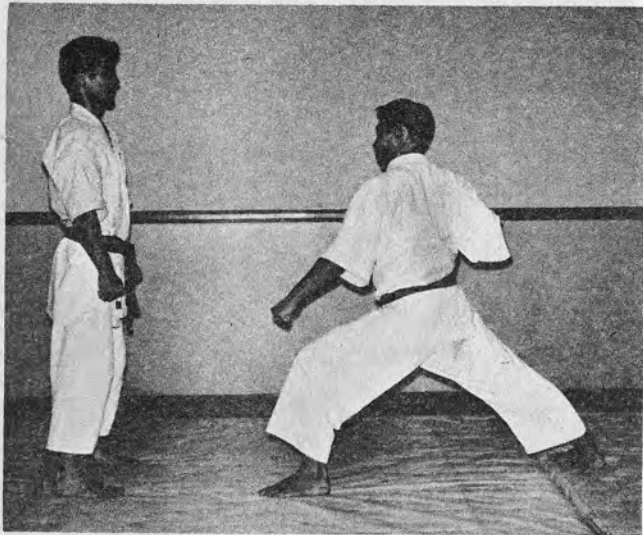
7. (continued)



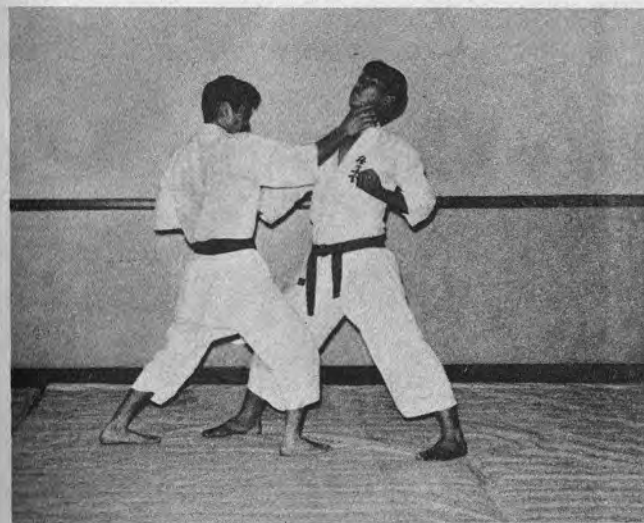
8. Block the opponent's right punch to the face with a right upward chop block; then grab his wrist and strike his arm. Step in with the left foot and execute an arm lock, then follow through with a left chop to the side of his neck.



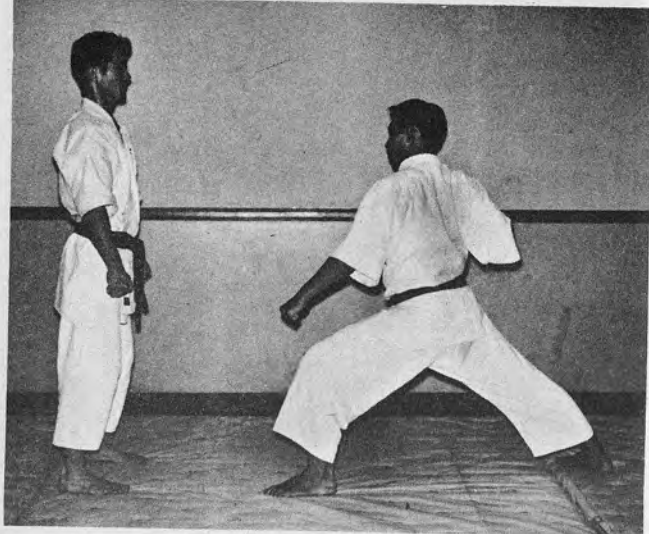
8. (continued)



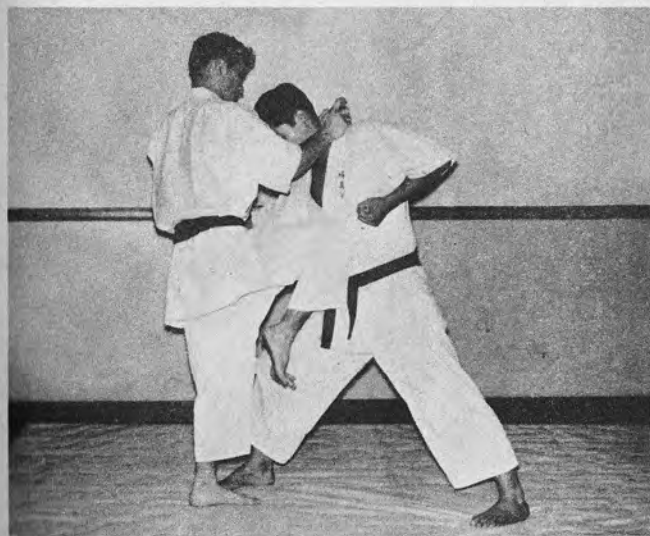
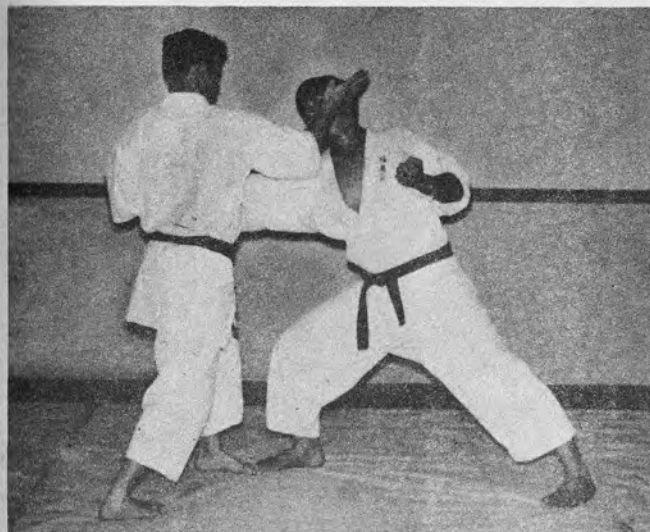
9. Block the opponent's right punch to the stomach with a left downward palm block, then strike his stomach with a four-finger thrust, and follow through with a strike to his throat.



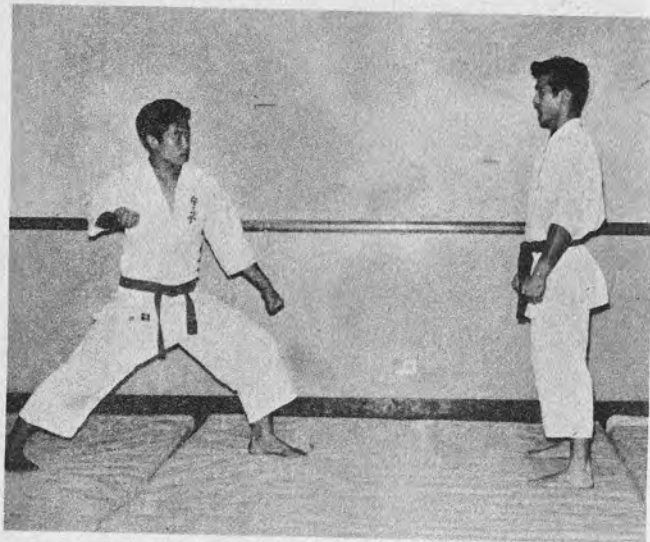
9. (continued)



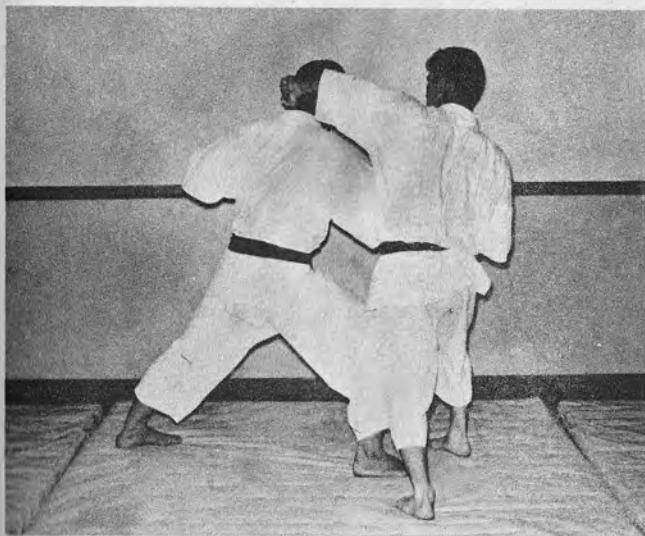
10. Block the opponent's right punch to the face with a left upward chop block; then strike his temple or neck with a right chop and follow through with a knee kick to his stomach.



10. (continued)



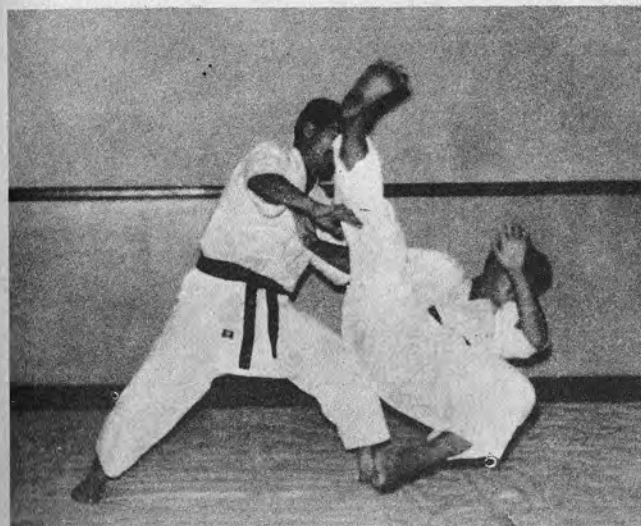
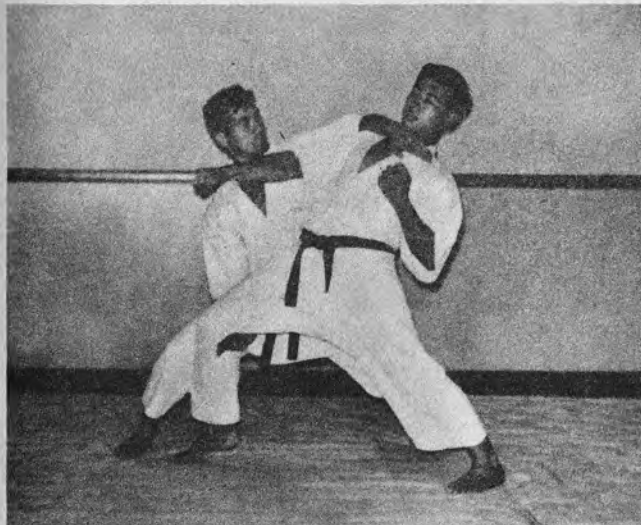
11. Block the opponent's right punch to the face with a right upward chop block; then strike his ribs with a right reverse chop, and follow through with a left roundhouse punch (Kubi uchi) to the back of his neck.



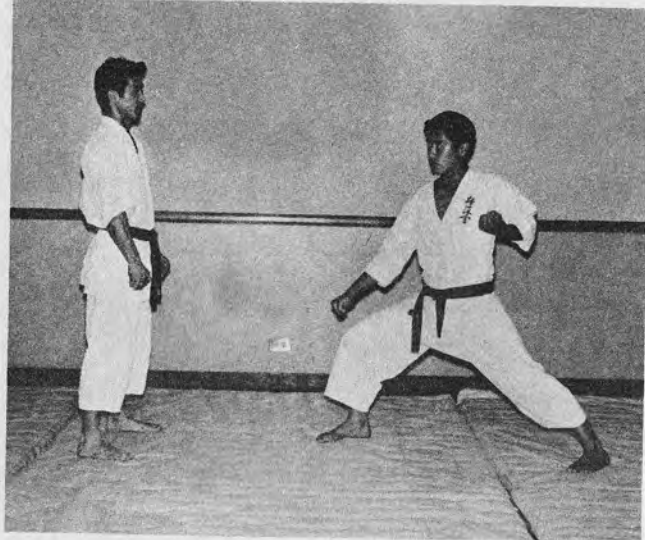
11. (continued)



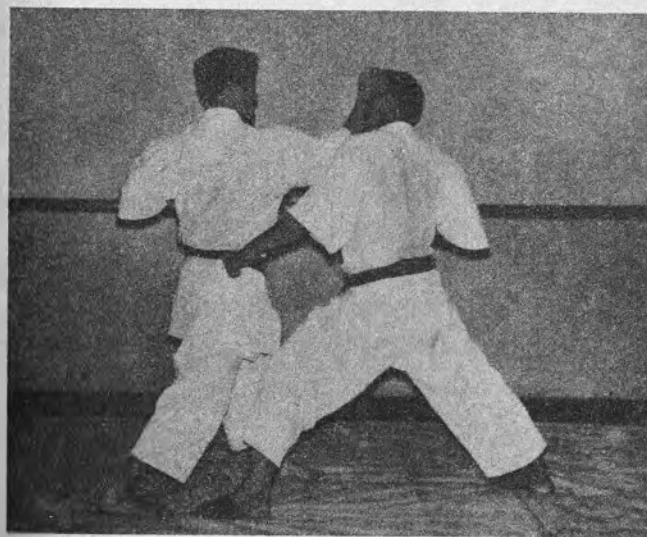
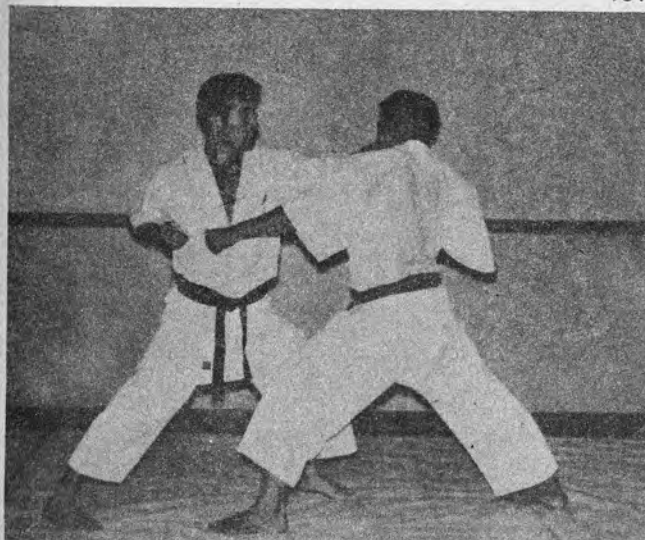
12. Move to the left and block opponent's right punch to the face with a left chopping block; then strike his face with a left reverse chop, and follow through by throwing him backward on his head.



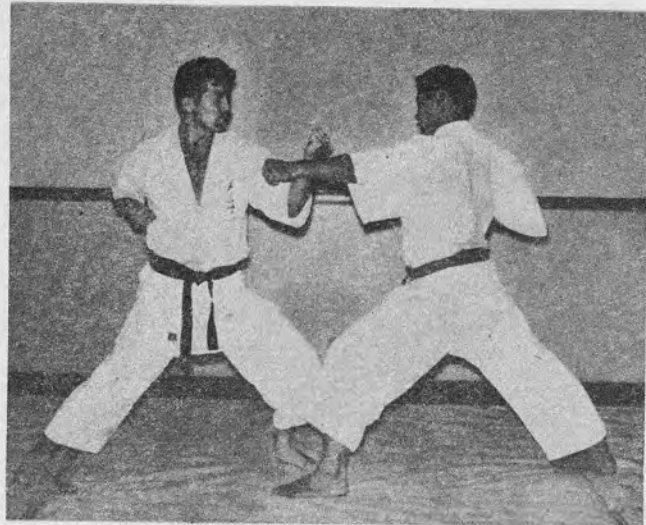
12. (continued)



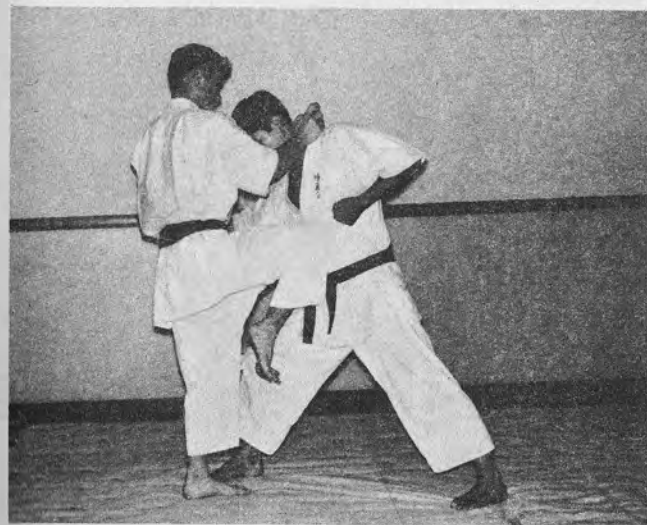
13. Block the opponent's left punch to the chest with a left inside block; then strike his neck with a left chop and follow through with a right downward strike to his temple.



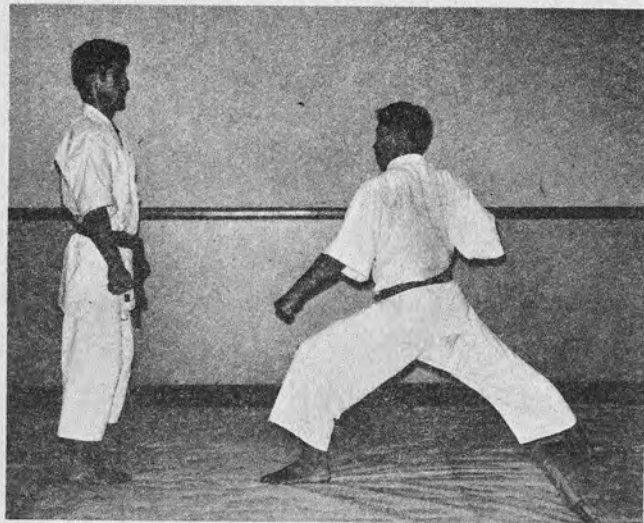
13. (continued)



14. Block the opponent's left punch to the chest with a left inside block and his right punch to the face with a left upward chop block; then grab his wrist and strike his eyes with a three-finger upward thrust, and follow with a knee kick to his stomach.



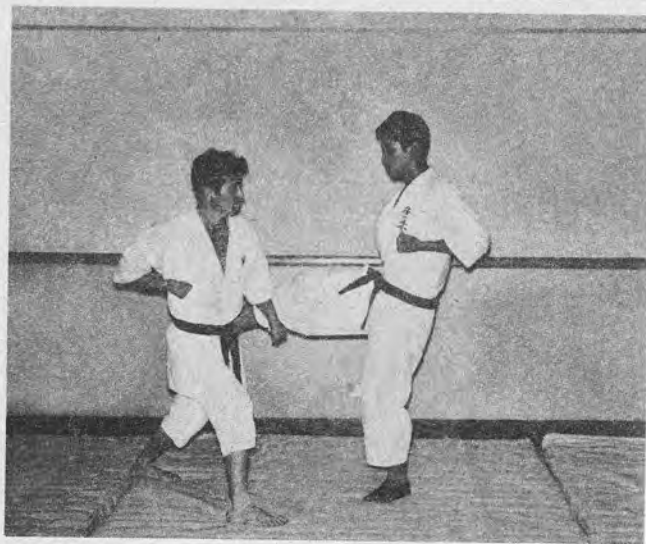
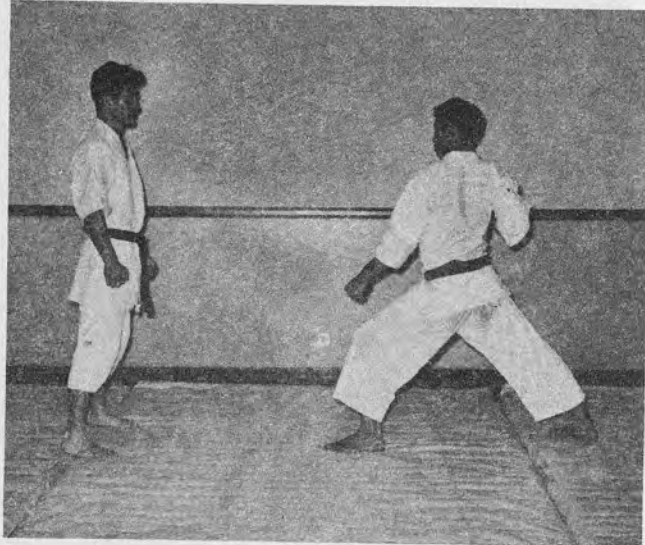
14. (continued)



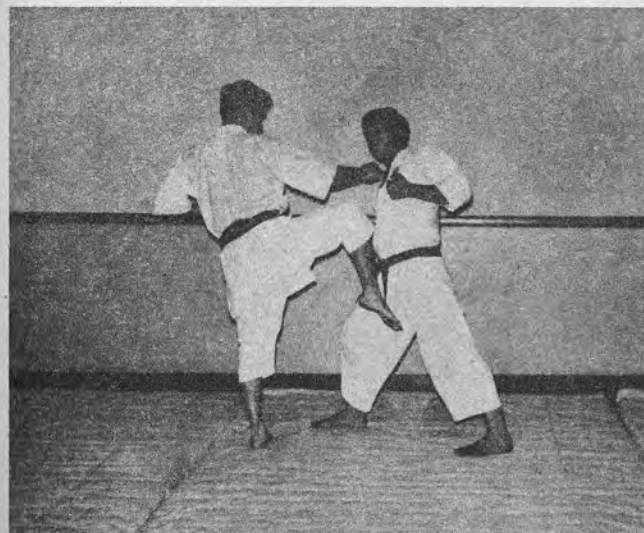
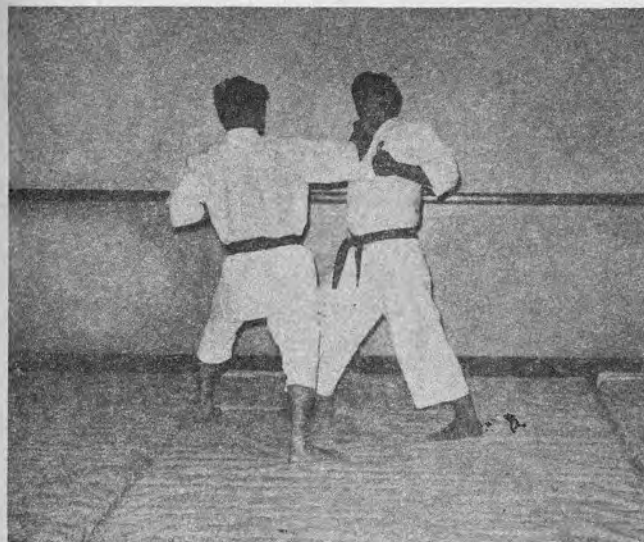
15. Move to the left to avoid opponent's right punch to the face and kick him in the ribs with a right side thrusting kick; then step the right foot forward and follow through with a swinging roundhouse back heel kick to his stomach.



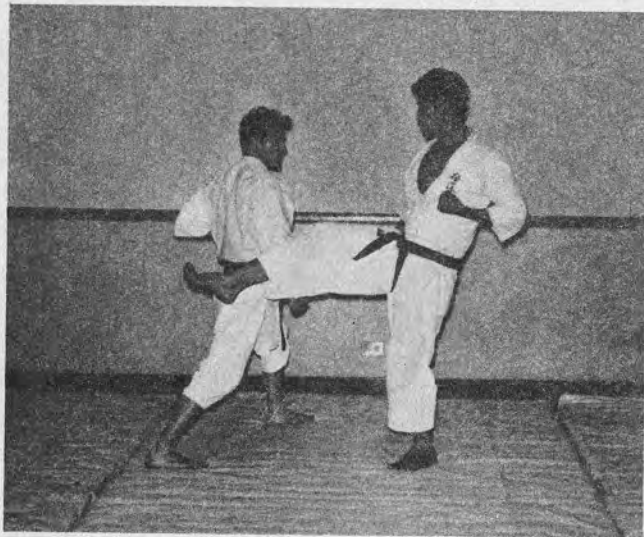
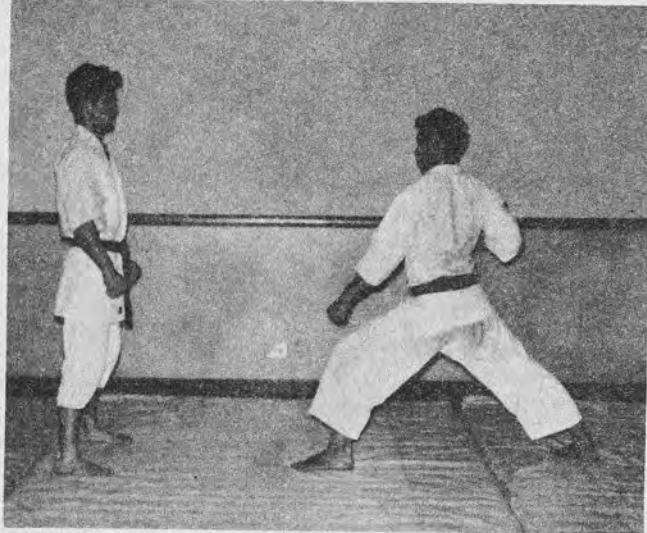
15. (continued)



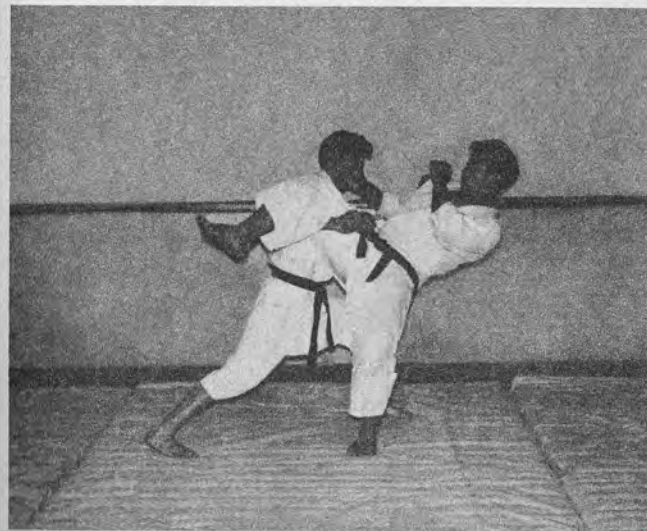
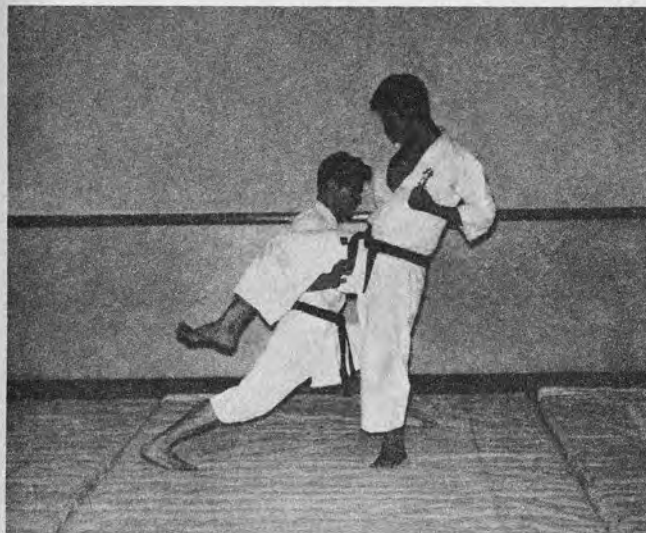
16. Move to the right and block opponent's kick with a left downward block; then pivot and strike his face with a right punch, and follow through with a forward ankle kick to his testicles.



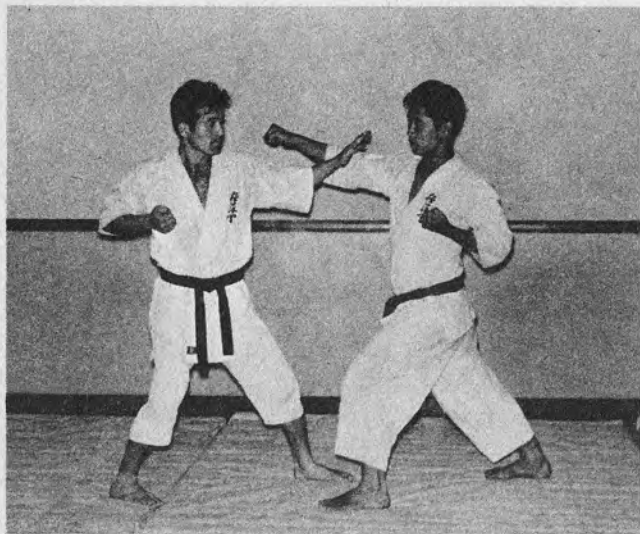
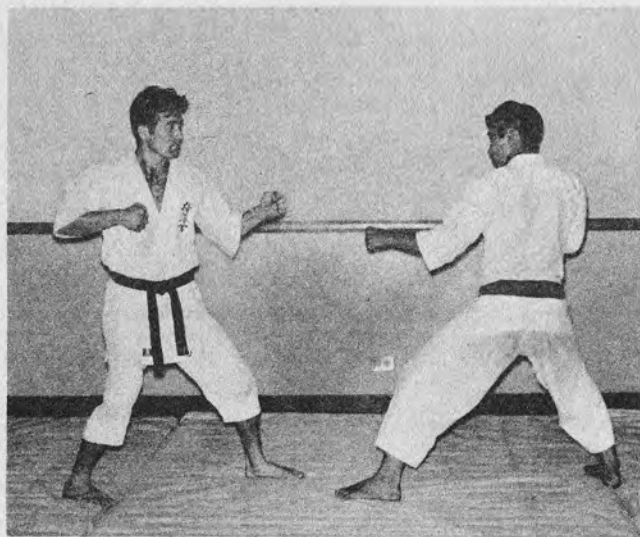
16. (continued)



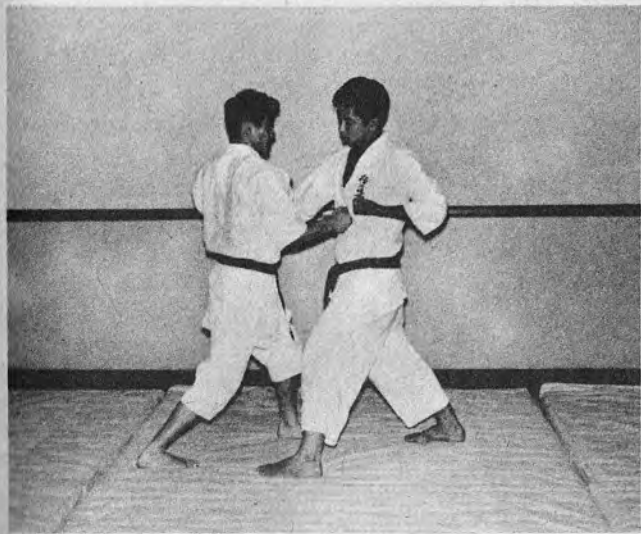
17. Step forward at a 45-degree angle to the left and block opponent's kick with a right downward block; then strike his testicles with an open hand grab, and follow through by throwing him down.



17. (continued)



18. Block the opponent's right punch to the face with a left chopping block, then strike his jaw with a left palm heel strike and follow through with a right punch to his ribs.



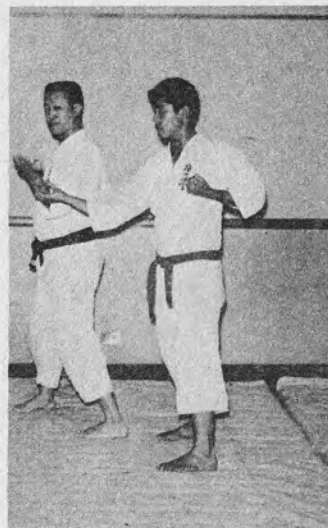
18. (continued)

KARATE DEFENSES AGAINST GRABBING ATTACKS

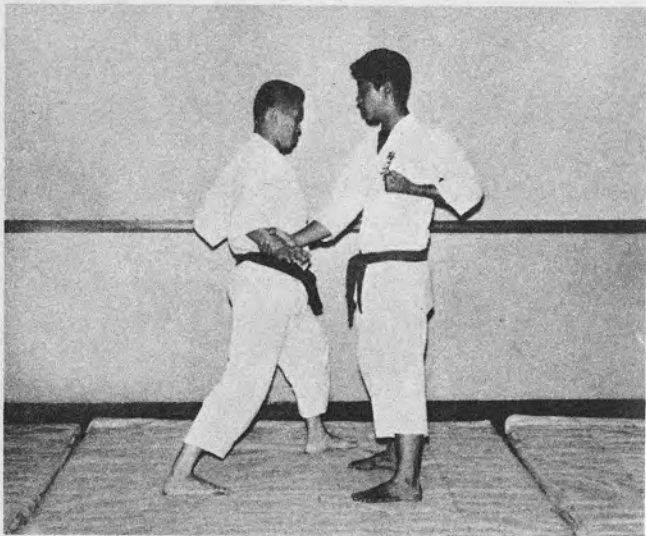
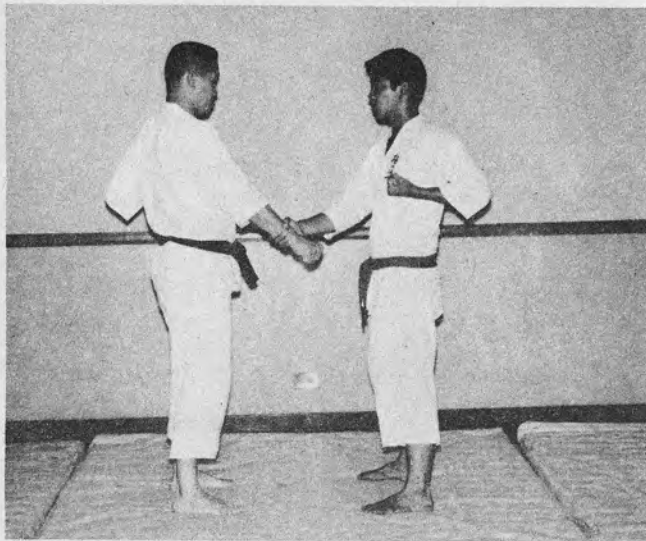
Defense against grabbing is most appropriate for women because the attacker usually does not expect strong or scientific counter measures from the weaker sex. However, these movements could also be used by men.

Grabbing defense techniques require speed and proper application rather than great strength. It is the principle of applying one's maximum efforts against a stronger attacker's minimum defense. Properly executed, the various techniques shown in the following pages could easily ward off any attacker possessing superior physical strength.

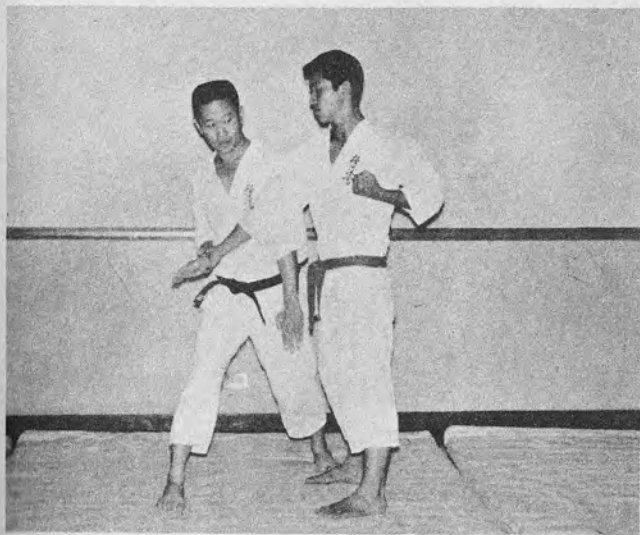
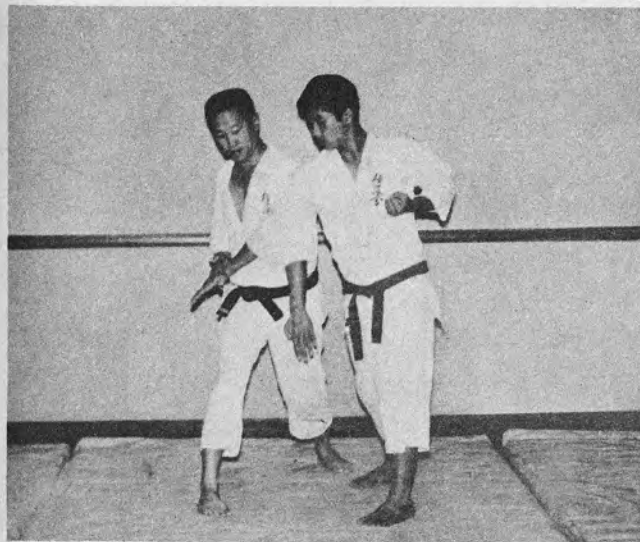
It is recommended during practice sessions to have your partner grab alternate hands, so that you will be able to successfully defend yourself regardless of what position you may be in. Remember that only through constant and diligent practice will these techniques be mastered.



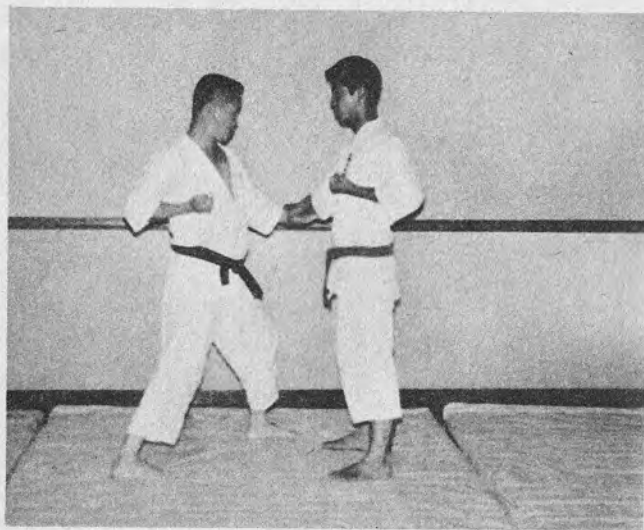
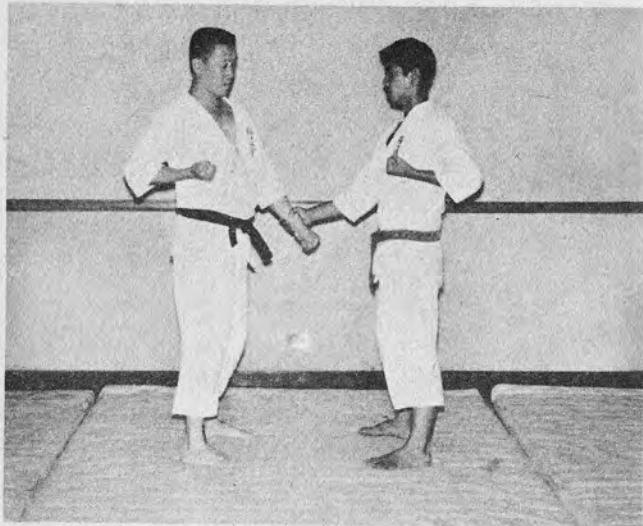
1. Outside One-Hand Wrist Grab. Counter by turning 180 degrees to the right, twist and pull the hand inward, then execute a left reverse chop to the opponent's face.



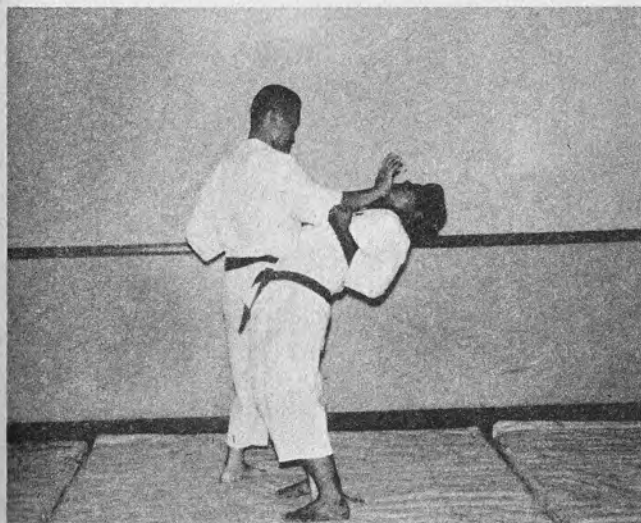
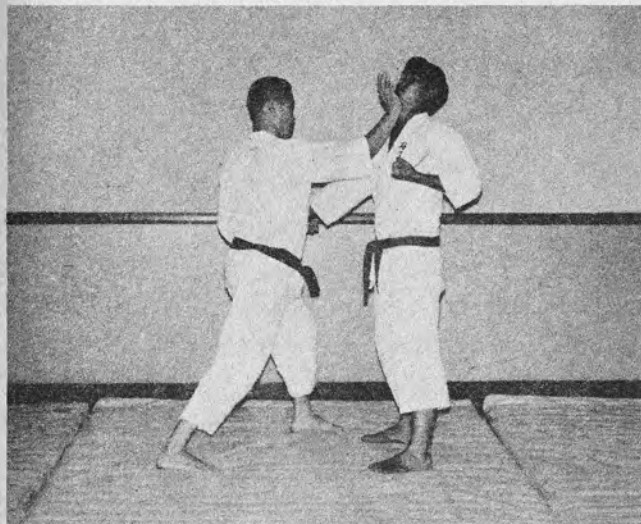
2. **Inside One-Hand Wrist Grab.** Counter by stepping forward at a 45 degree angle with the left foot, pivot, then execute a forearm strike to opponent's elbow joint and follow through with a back chop to his testicles.



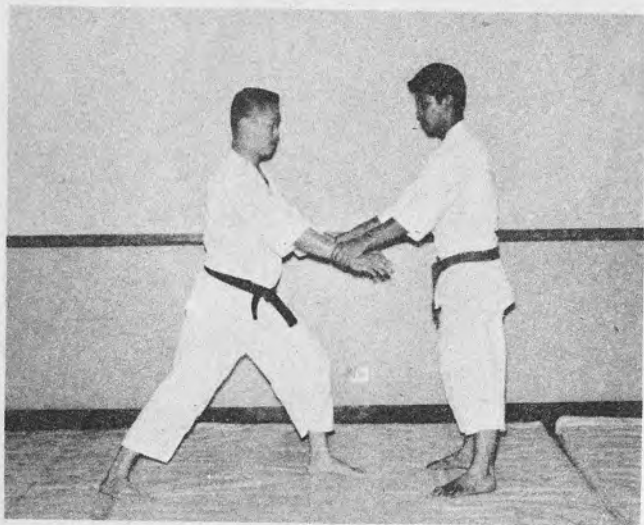
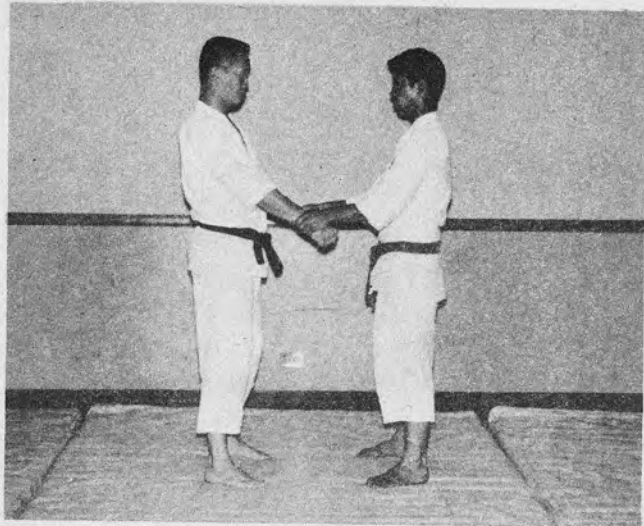
2. (continued)



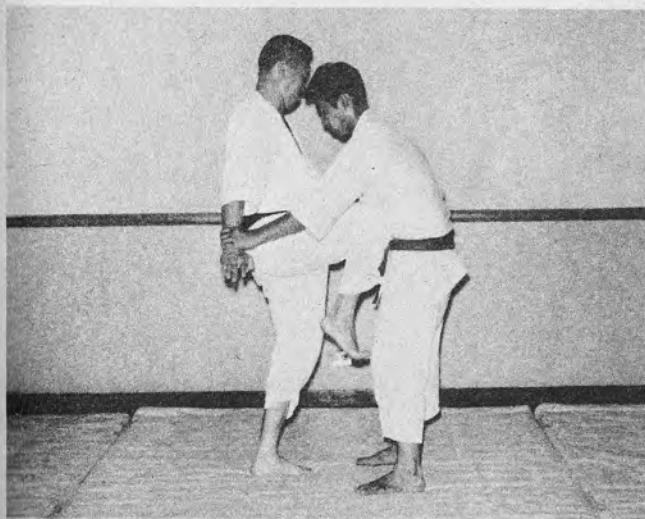
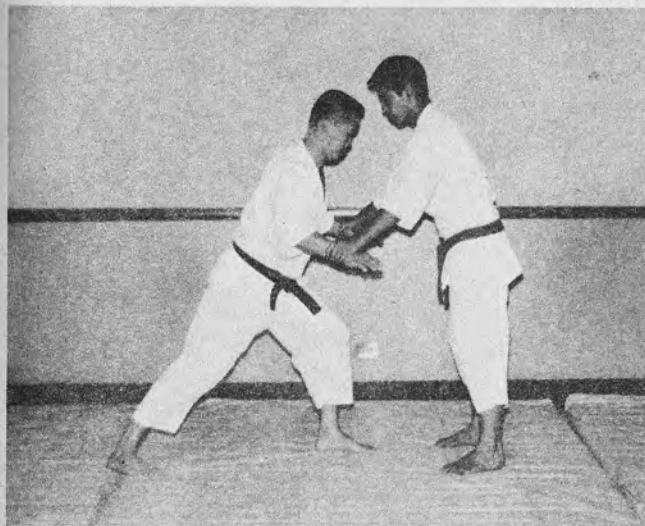
3. Outside One-Hand Wrist Grab. Counter by stepping forward at a 45-degree angle with the left foot whilst stretching the opponent's arm outward; then execute a palm heel strike to his jaw and follow through by throwing him backward.



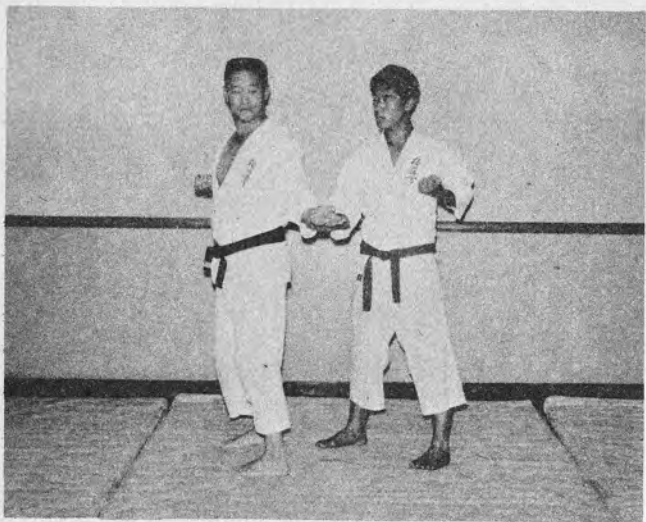
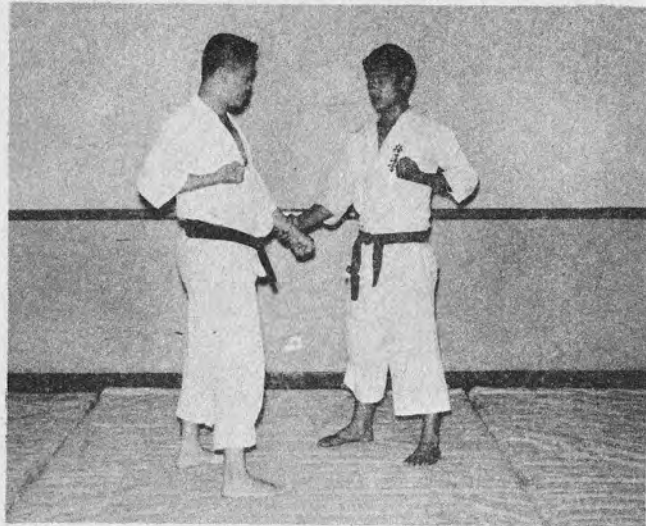
3. (continued)



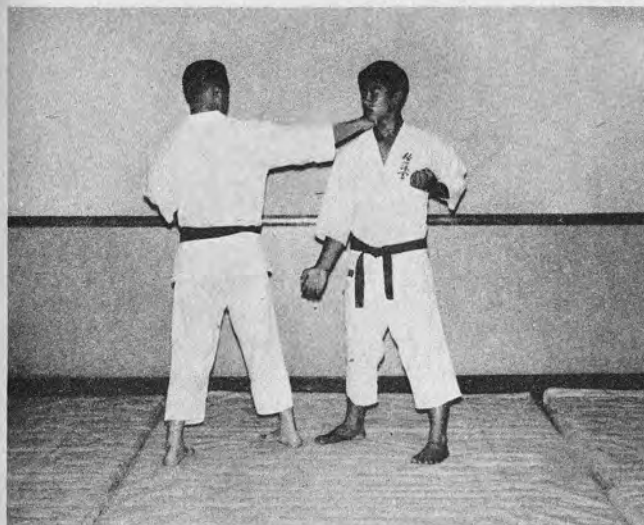
4. Outside Two-Hand Wrist Grab. Counter by stepping back with the right foot and simultaneously stretch both hands outward; then execute a head butt to the opponent's bridge of nose and follow through with a knee kick to his stomach.



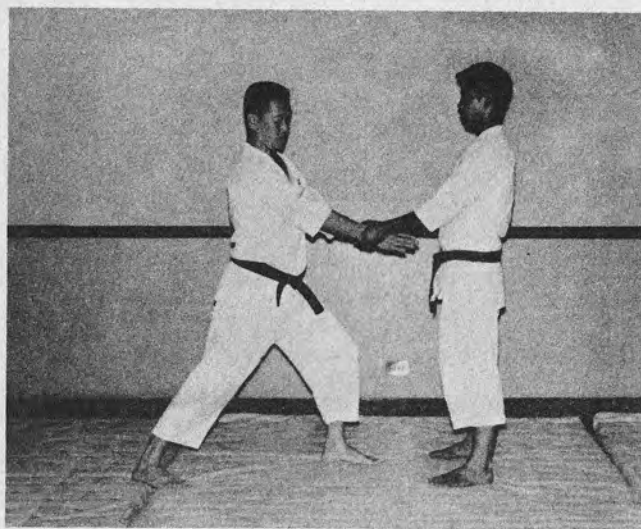
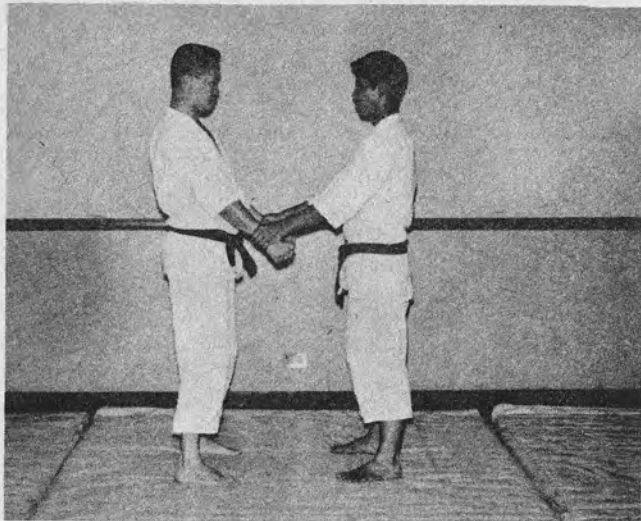
4. (continued)



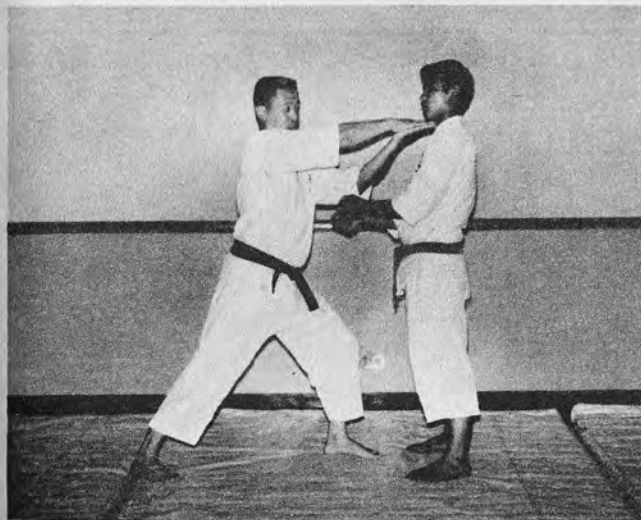
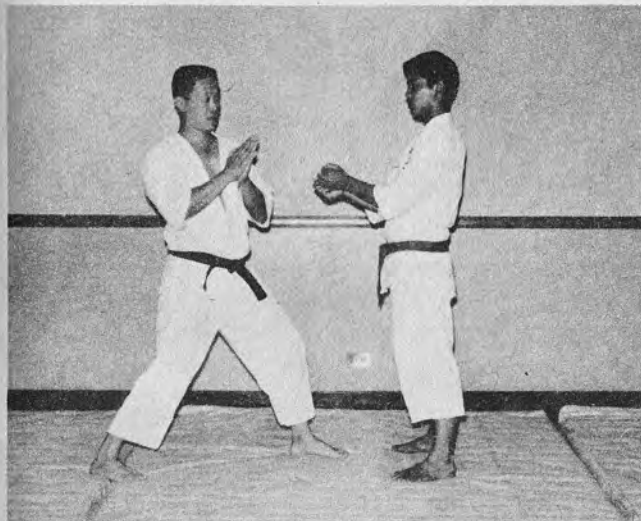
5. Outside One-Hand Wrist Grab. Counter by turning 270 degrees to the right, twist and pull the hand inward, then execute a right reverse chop to the opponent's side or back of neck, and follow through with a joint kick to the back of his knee.



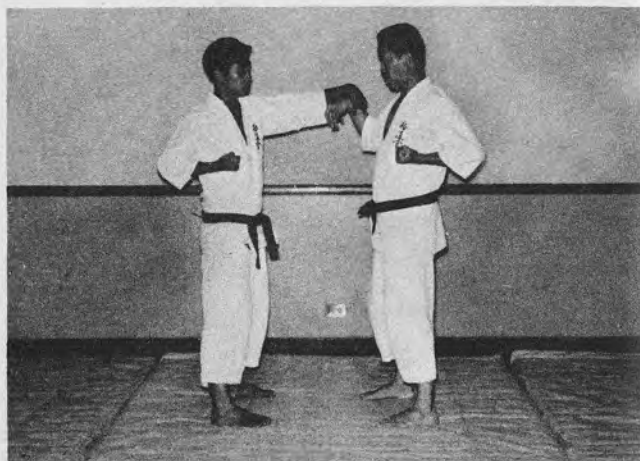
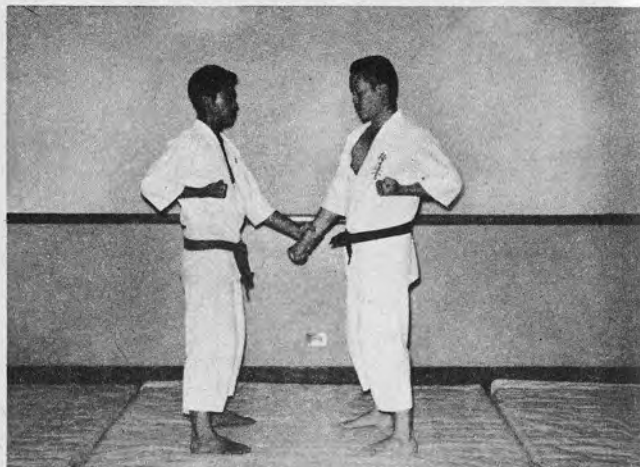
5. (continued)



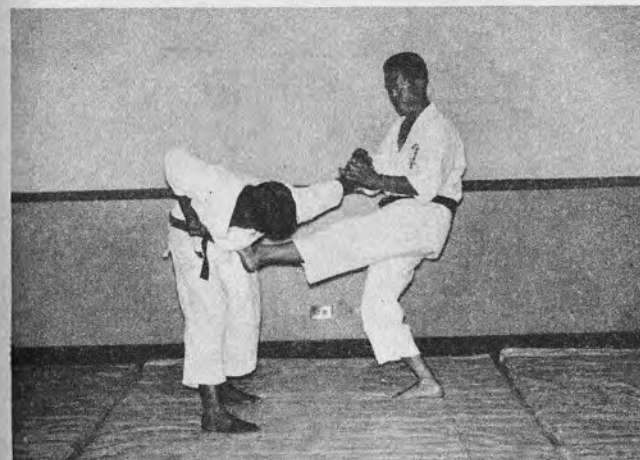
6. Outside Two-Hand Wrist Grab. Counter by joining both hands together and step back with the right foot whilst pulling both hands back toward you; then thrust at the opponent's throat with the side finger tips of both hands.



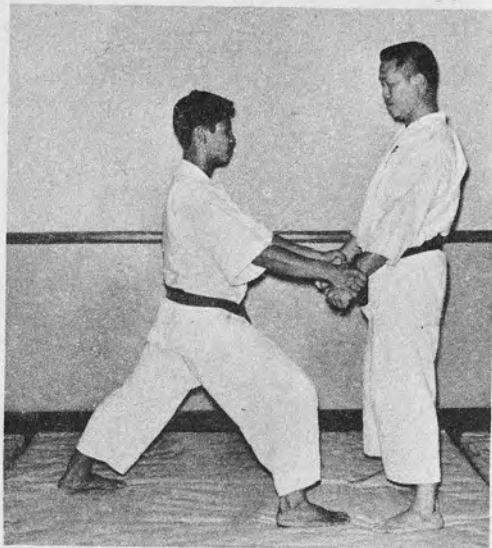
6. (continued)



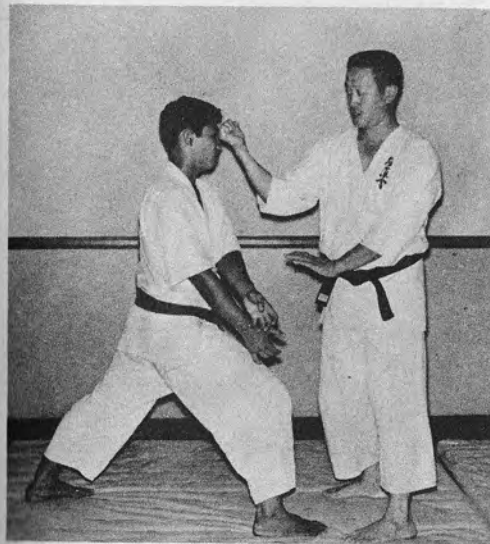
7. Outside One-Hand Wrist Grab. Counter by using an upward bent wrist strike (koken uke) with thumb pressed against the ring finger to about shoulder height; then flip or reverse the wrist to grab opponent's hand; then with both of your hands execute an arm lock against his shoulder joint and shift the right leg to the rear at the same time for more leverage. A right kick to the face or stomach can then be easily applied, if necessary.



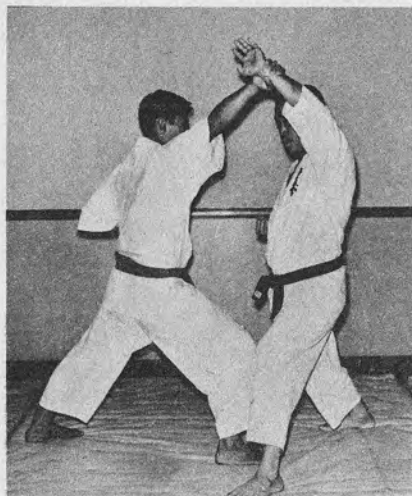
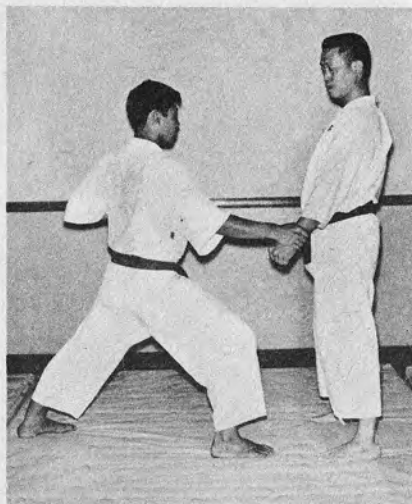
7. (continued)



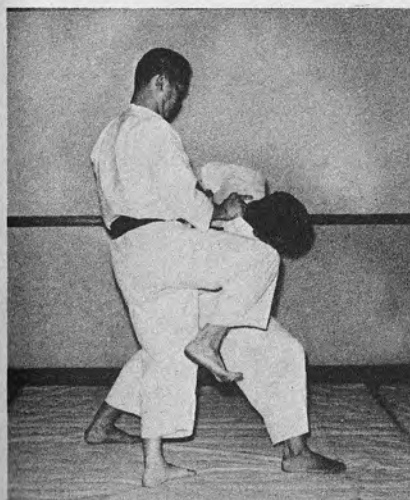
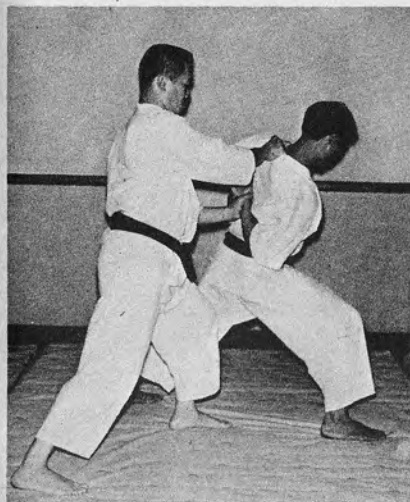
8. Outside Two-Hand Wrist Grab. Counter by striking the opponent's wrists against each other, and follow through with a right reverse punch to his face.



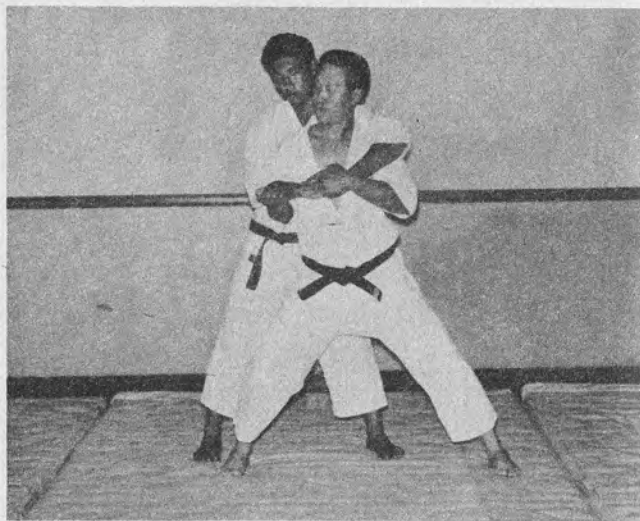
8. (continued)



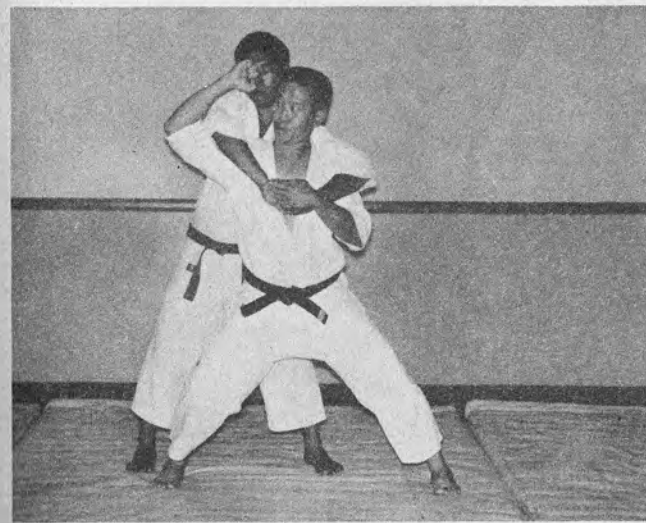
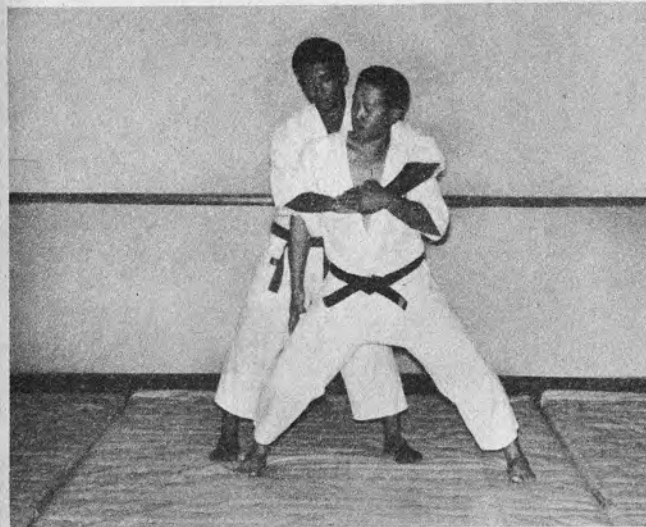
9. Outside One-Hand Wrist Grab. Counter by stepping at a 45-degree angle with the left foot whilst raising the opponent's hand with a left upward chop block; pivot under his arm, turn and secure a wrist lock, grab at the back of the opponent's lapel with the right hand and follow through with a knee kick to the face.



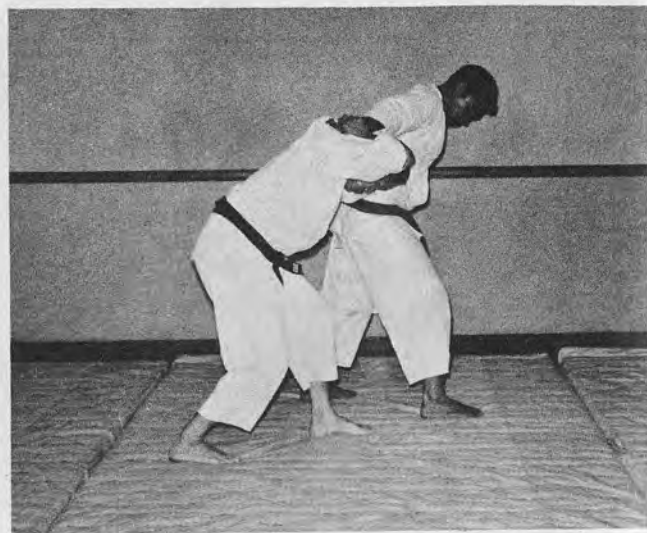
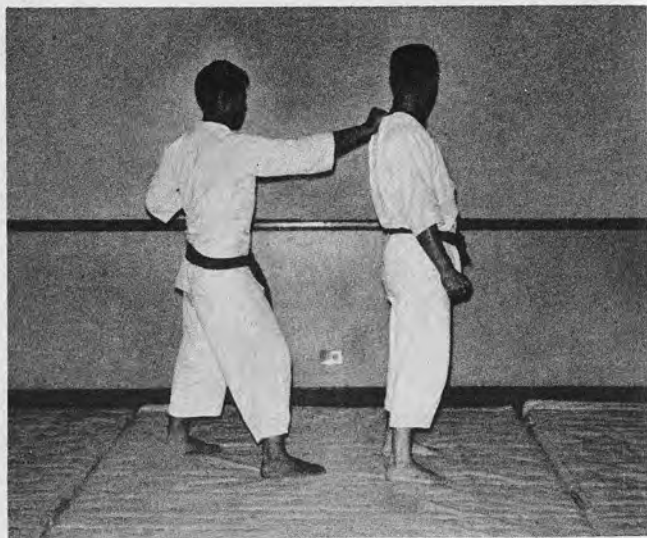
9. (continued)



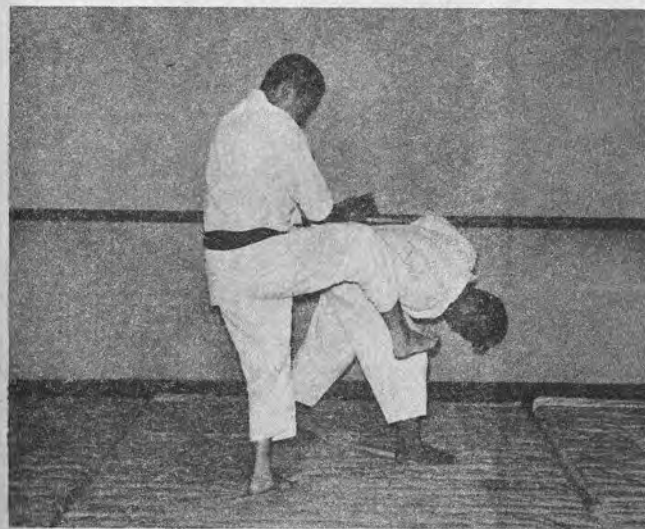
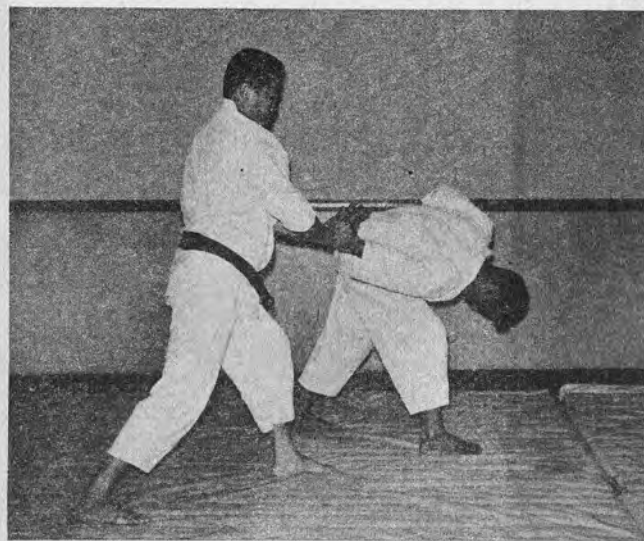
10. **Two-Hand Grab From The Rear.** Counter by stepping the left foot to the left into the "horse" stance (Kiba dachi) and execute a back elbow strike to opponent's stomach; then strike his testicles with a right chop, and follow through with a back punch to his face.



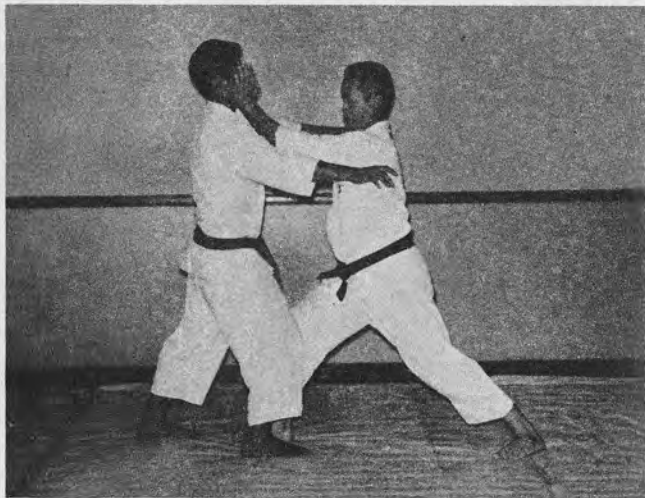
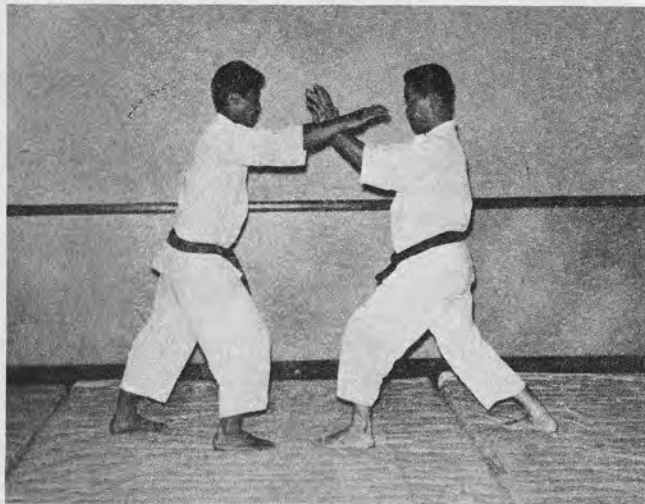
10. (continued)



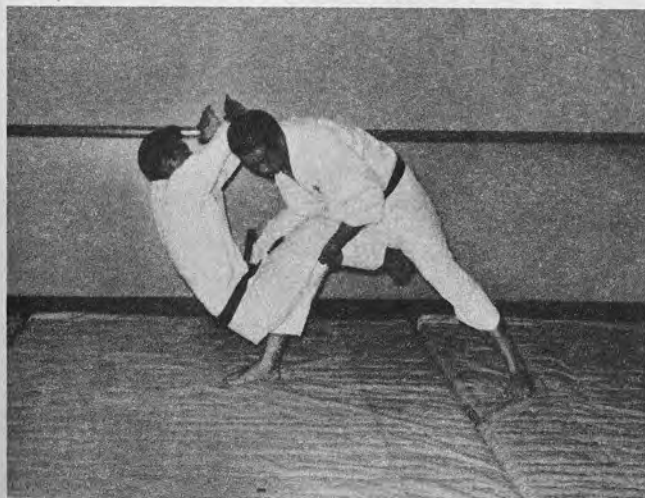
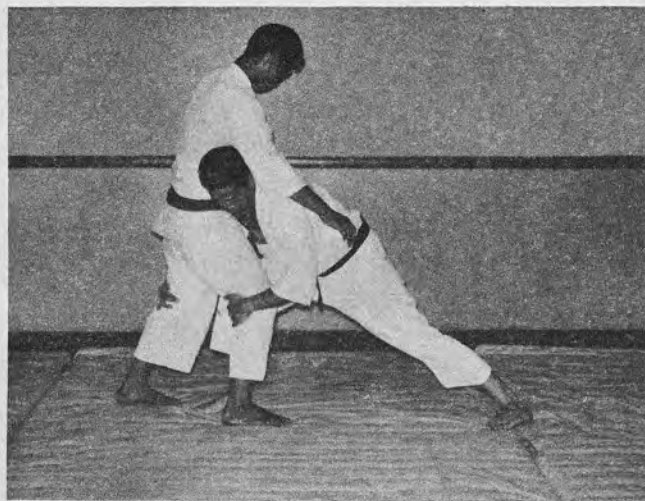
11. One-Hand Lapel Grab From The Rear. Step backward with both hands, seizing the opponent's wrist; then apply a wrist lock and follow through with a right kick to his face.



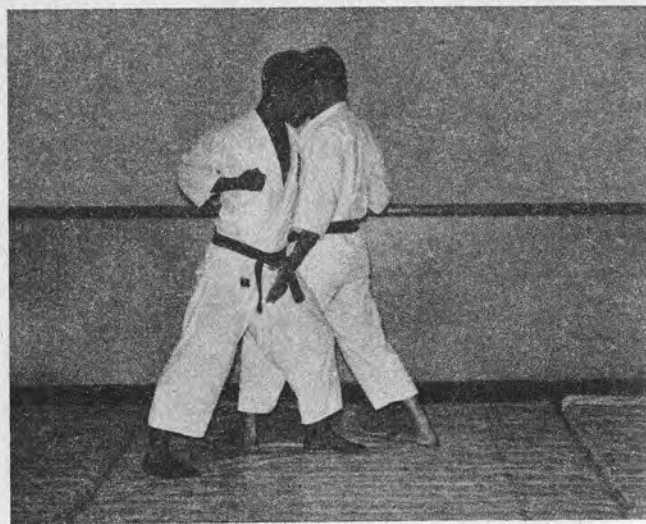
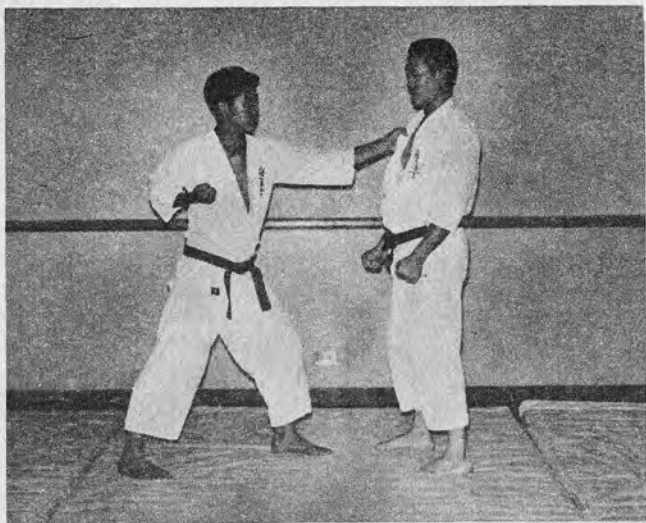
11. (continued)



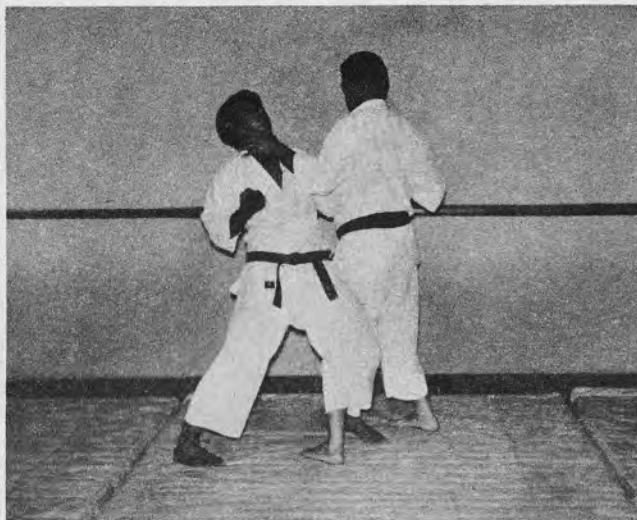
12. Two-Hand Neck Choke. Counter by blocking the opponent's hands with a double upward chop block; then strike his jaw with a double palm heel strike. Then quickly grab both of his knees and follow through by pulling him in and striking his testicles with your shoulder, and throw him back on his head.



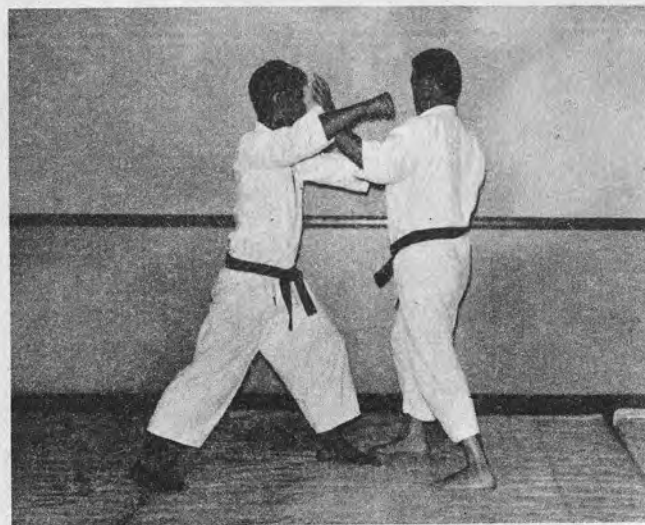
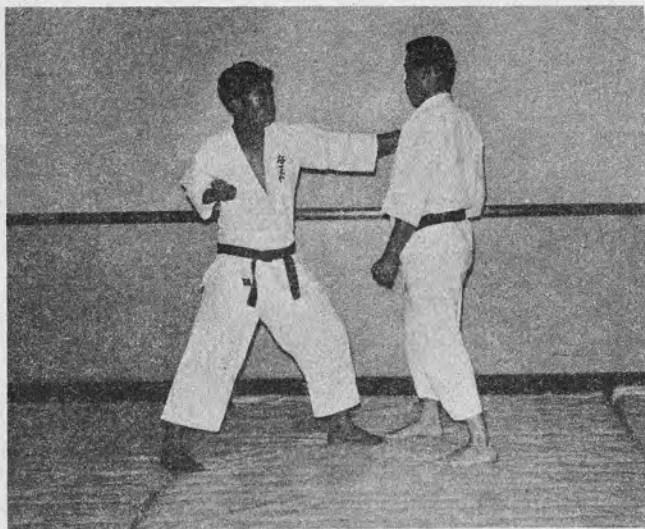
12. (continued)



13. One-Hand Pulling Lapel Grab. As the opponent pulls you inward, step in with the left foot and strike his testicles with a left palm heel strike; then grab his throat and throw him down and follow through with an elbow break across your knee.



13. (continued)



14. One-Hand Grab And Punch. Block the opponent's right-hand punch to the face with a left upward chop block whilst grabbing his left hand with your right palm; then poke his eyes with a two-finger thrust; then grab his throat and follow through by throwing him down.

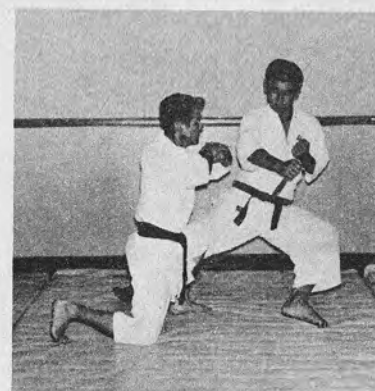


14. (continued)

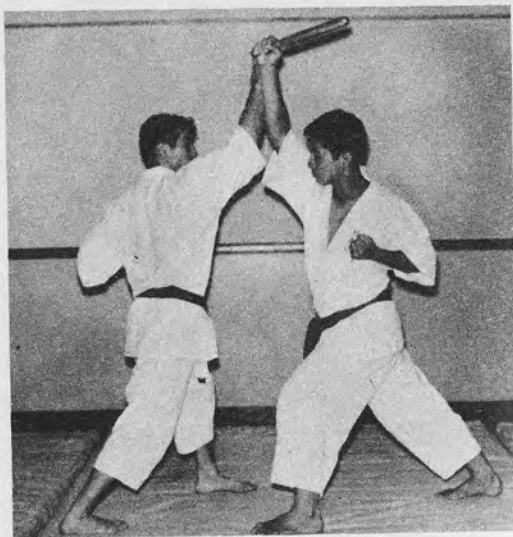
KARATE KNIFE AND CLUB DEFENSE TECHNIQUES

This chapter has been included in order to give the reader and student an idea of how Karate techniques may be applied even if attacked by club and knife wielders. However, personal supervision under an expert is usually required to develop one's timing and co-ordination to the extent that it would become possible to apply Karate techniques against armed assailants. This is, of course, true in any training along lines of self-defense. Still, conscientious and constant practice of even a single defensive technique can eventually increase the ability of a Karate student to a point where he will gain the necessary confidence required in a self-protection situation.

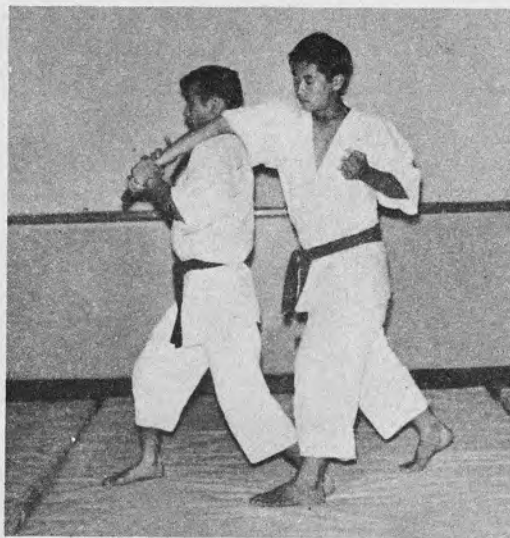
When dealing with armed assailants, one simple mistake may cost you your life. Remember never to give the enemy an event break. If possible, attack him before he gets set to attack you; the element of surprise will be in your favor. For the interested students, a few examples of defense against armed attacks are illustrated and described. To prevent accidents and injuries, *it is not advisable to use an actual knife (as illustrated) during training sessions.* A substitute will suffice.



1. Lunge to the left placing both hands on the ground to avoid the attacker's overhead knife attack, then simultaneously kick his testicles with a right roundhouse kick; then pivot and follow through with a back elbow strike to the ribs.



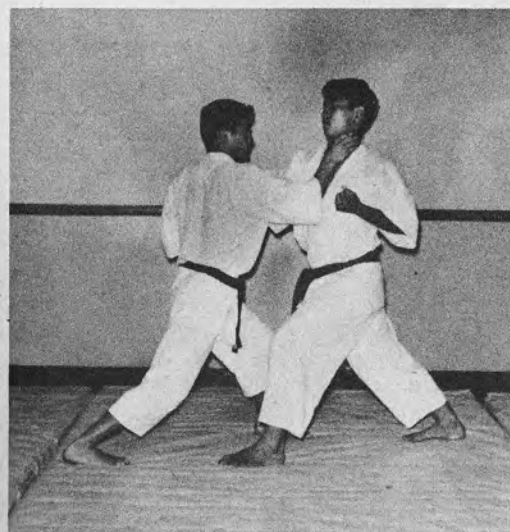
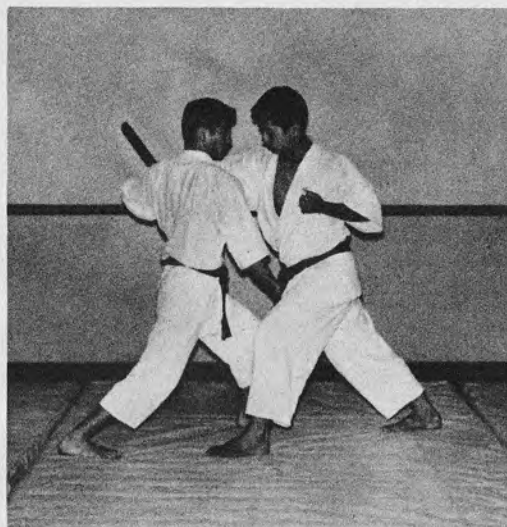
2. Block the attacker's overhead club attack with a right upward chop block; then pivot and break his arm above the elbow joint and follow through with a left back elbow strike to his stomach.



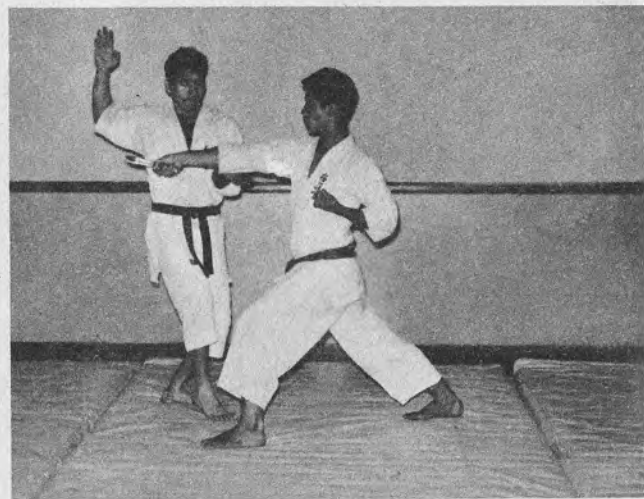
2. (continued)



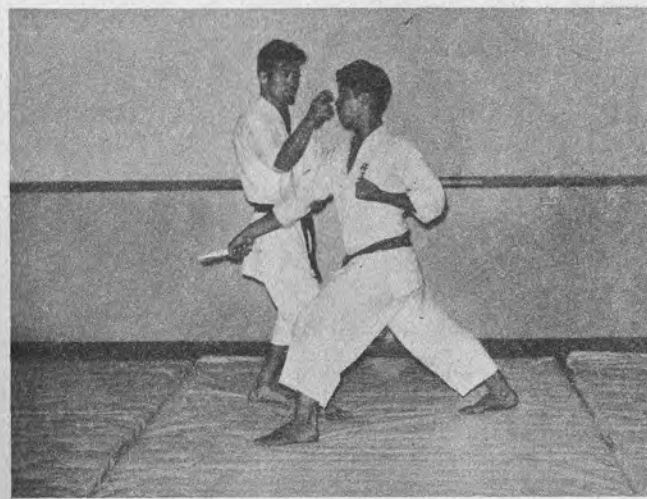
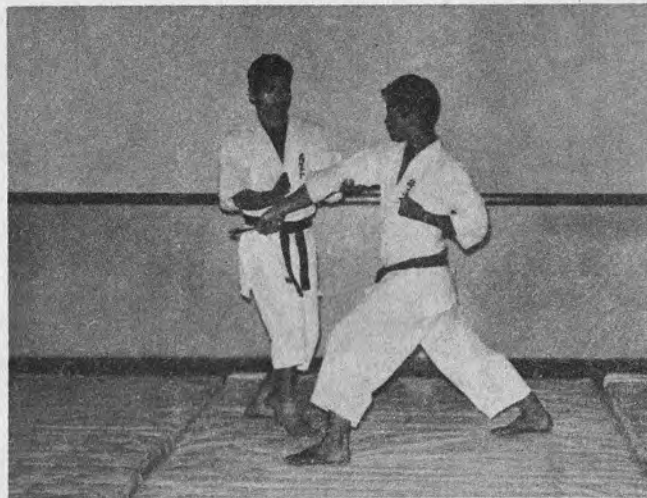
3. Block the attacker's side swinging club attack to the head with a left upward chop block, then simultaneously deliver an open palm strike to his testicles, and follow through with a strike to his jaw.



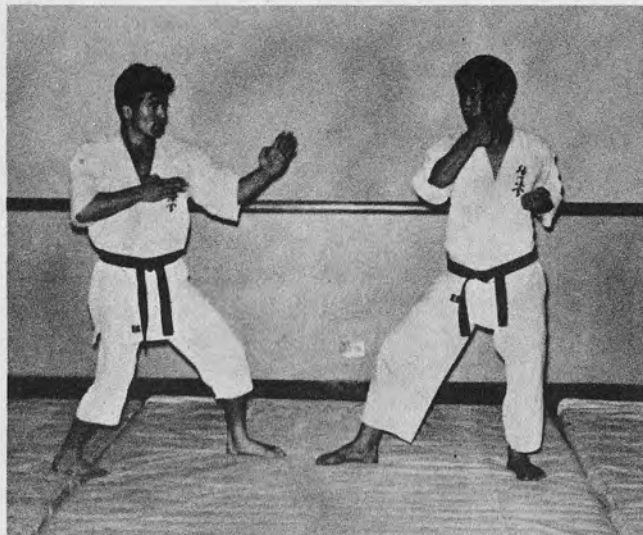
3. (continued)



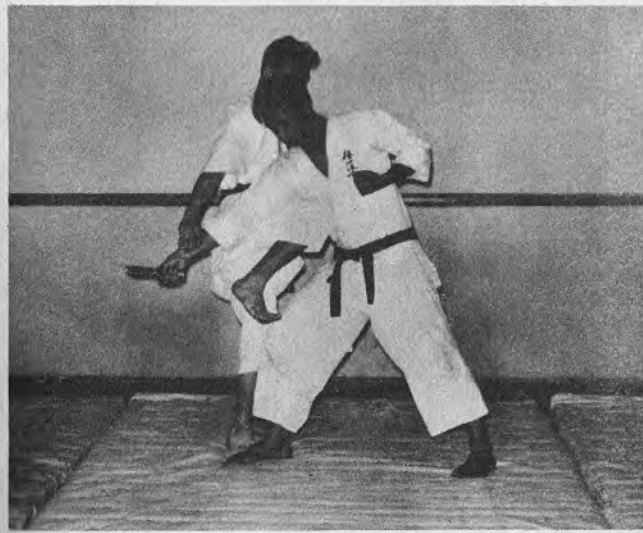
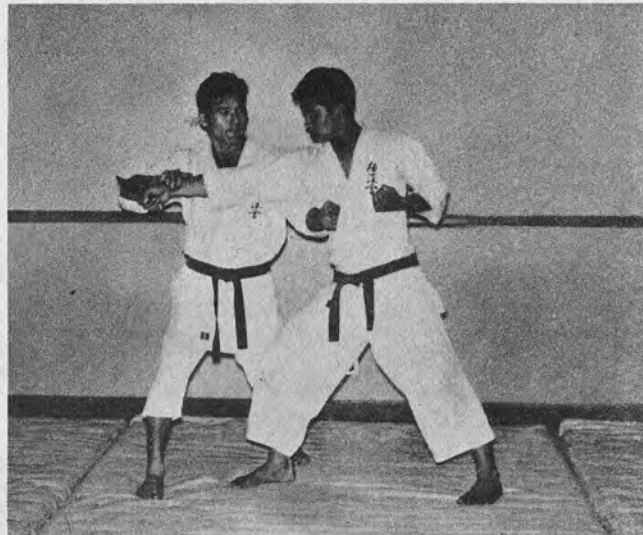
4. Move to the left into a "cat's" stance (Neko ashi dachi), and block the attacker's thrusting knife attack to the stomach with an upward palm heel block; then strike his arm with a right downward chop to break his elbow and follow through with a two-finger hooking thrust to the eyes.



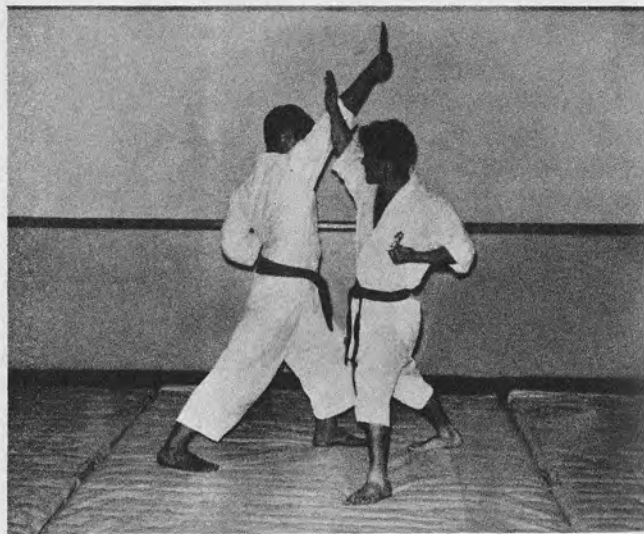
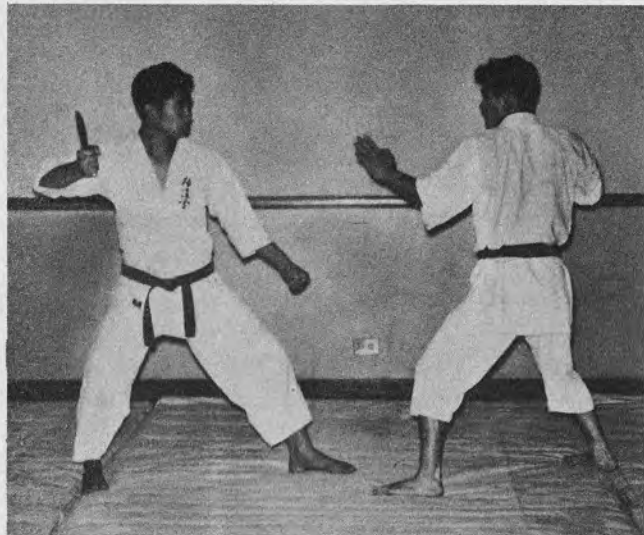
4. (continued)



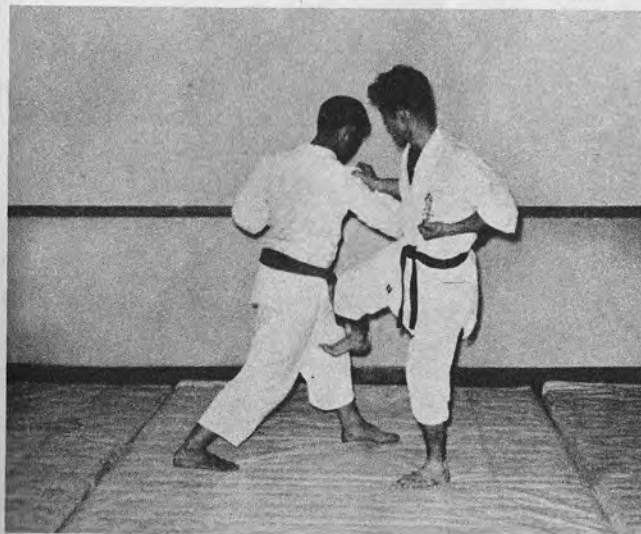
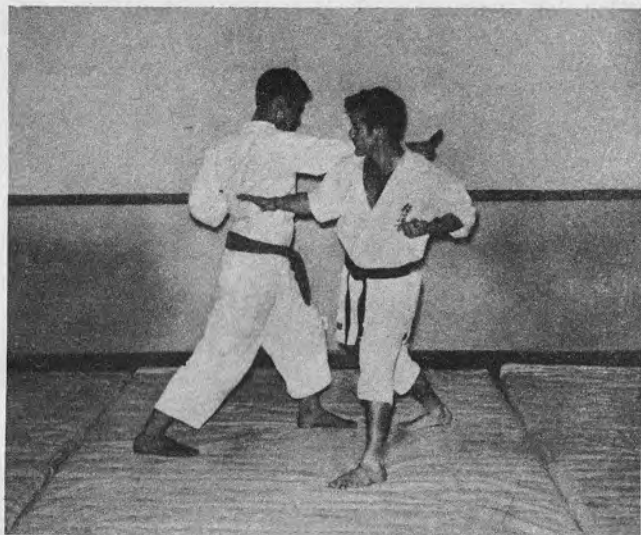
5. Block the attacker's backhand slashing knife attack with a right chopping block; then grab his wrist and strike his stomach with a left reverse punch and follow through with a roundhouse knee kick to his stomach.



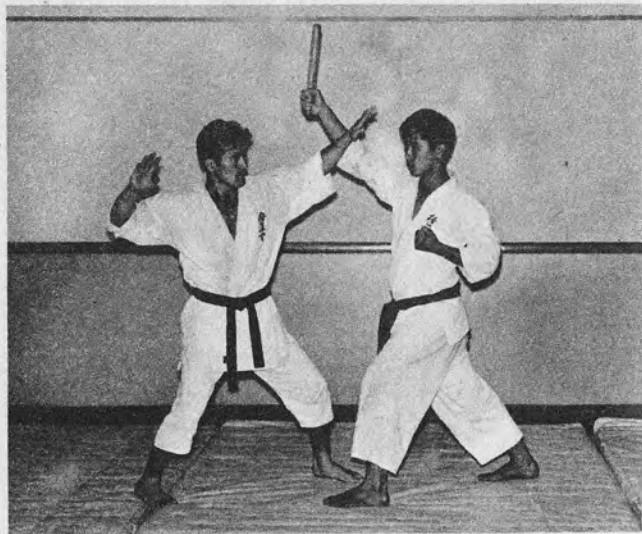
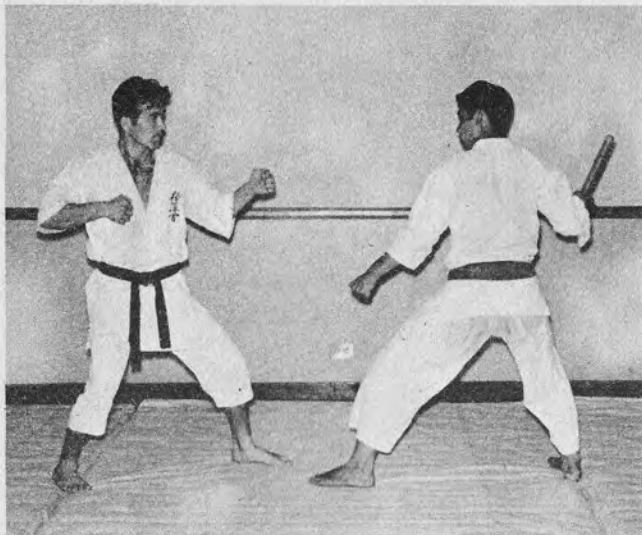
5. (continued)



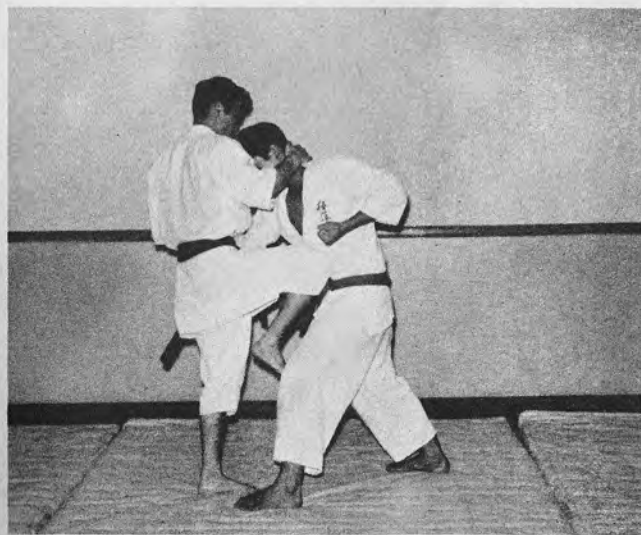
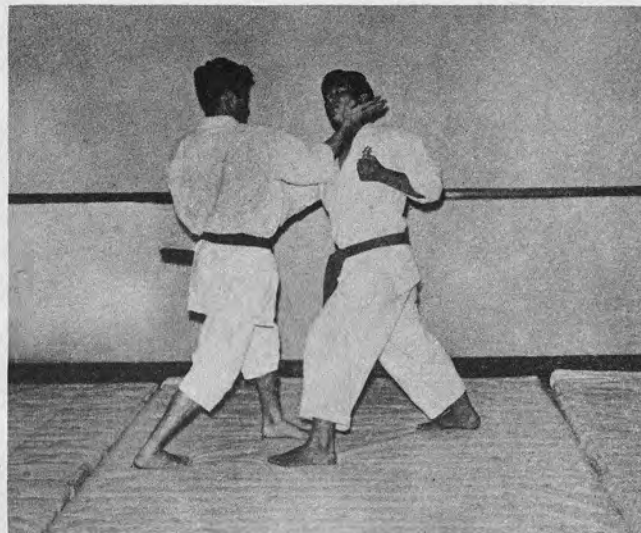
6. Block the attacker's overhead knife attack with a right upward chop block; then strike his ribs with a right reverse chop, and follow through with a right joint kick to the side of his knee.



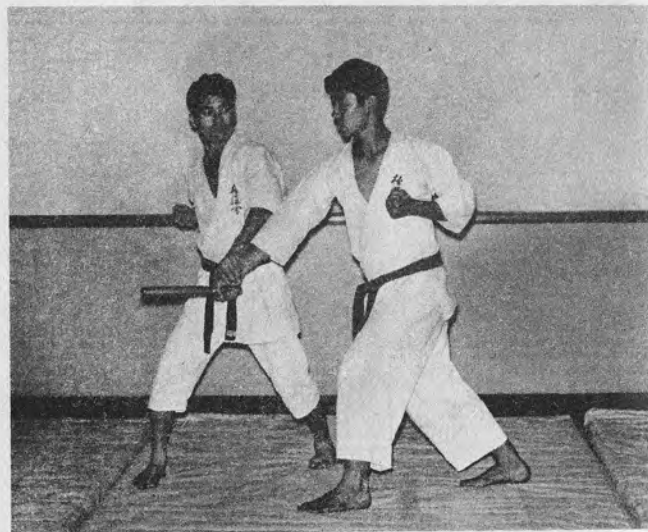
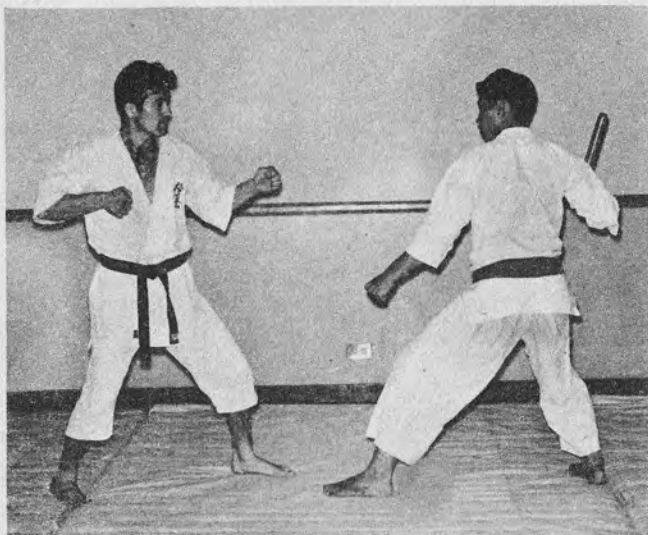
6. (continued)



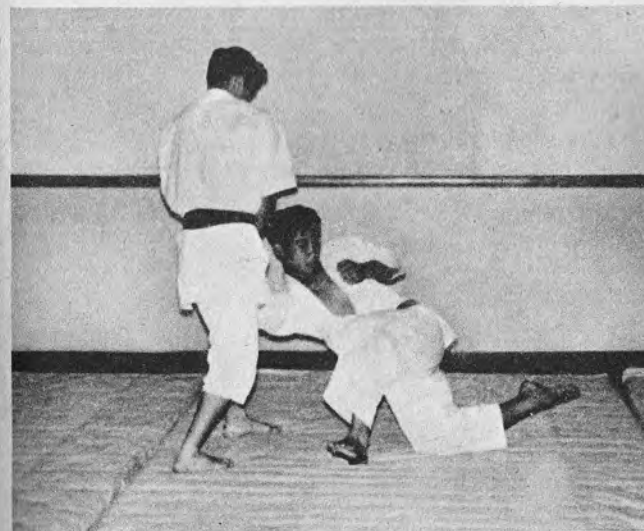
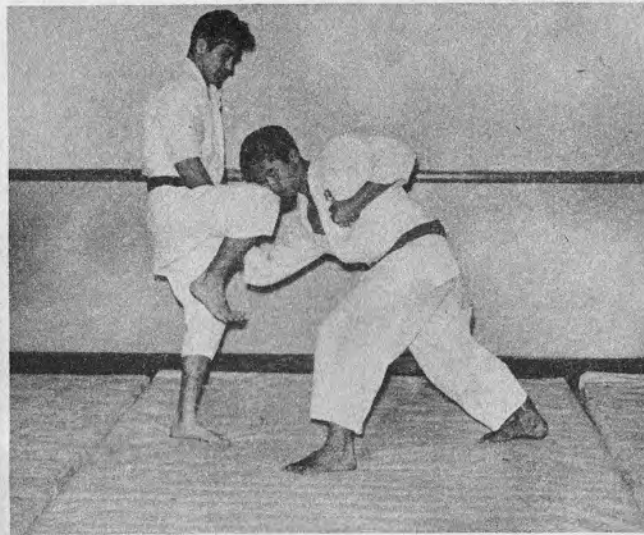
7. Block the attacker's overhead club attack with a left upward chop block; then grab his wrist and strike either his temple or neck with a right chop, and follow through with a knee kick to his stomach.



7. (continued)



8. Block the attacker's overhead club attack with a left downward chop block, then grab his wrist and apply a wristlock and follow through by kicking his face with a right knee kick, and throwing him down.



8. (continued)

JIYU KUMITE

"Jiyu kumite" is the most advanced stage of Karate training: students, applying all the techniques that they have learned and practiced, engage in free style sparring with each other.

The main objective of Jiyu Kumite is to seek or to secure an opening in the opponent's defense, and to deliver a decisive blow. However, *all strikes and blows are to be pulled, and contact is only made with minimum force with no intent to inflict injuries. A kick or strike to the testicles, a poke or gouge to the eyes and other equally dangerous attacks used in actual combat, are positively prohibited.*

The essence and purpose of Jiyu Kumite is to permit the Karate student a means to perfect his attacks and defensive techniques under conditions similar to actual combat.

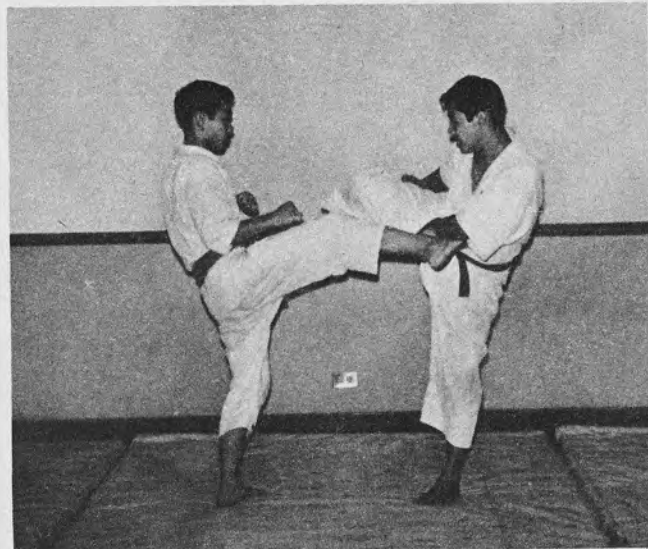
To determine the overall winner in Karate tournaments, the techniques of Jiyu Kumite are employed by the contestants.



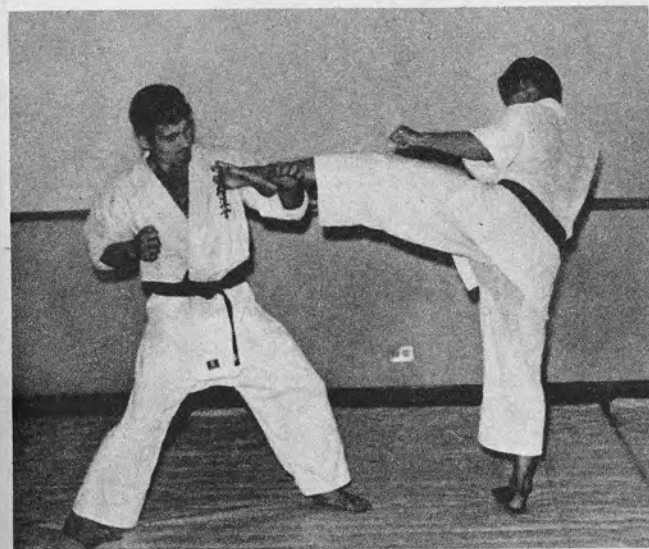
Karate Master Oyama and Instructor Bobby Lowe in a "Jiyu Kumite" pose.



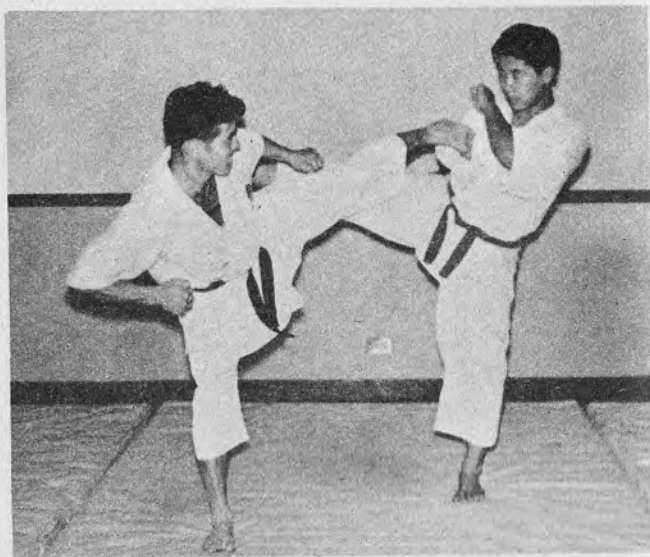
Toshio Ikehara (ni dan) 1962 All Hawaii Open Karate Champion defends against a roundhouse kick (Mawa shi geri) delivered by Instructor Bobby Lowe.



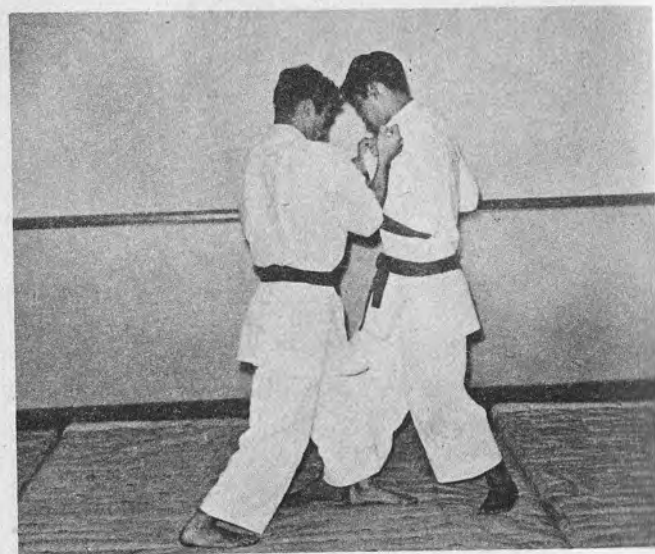
Forward kick (Mae geri) to the stomach.



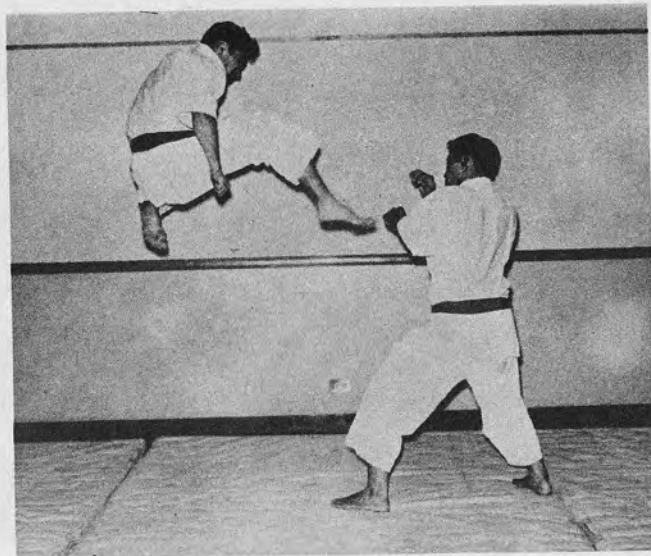
Roundhouse kick (Mawashi geri) to the chest.



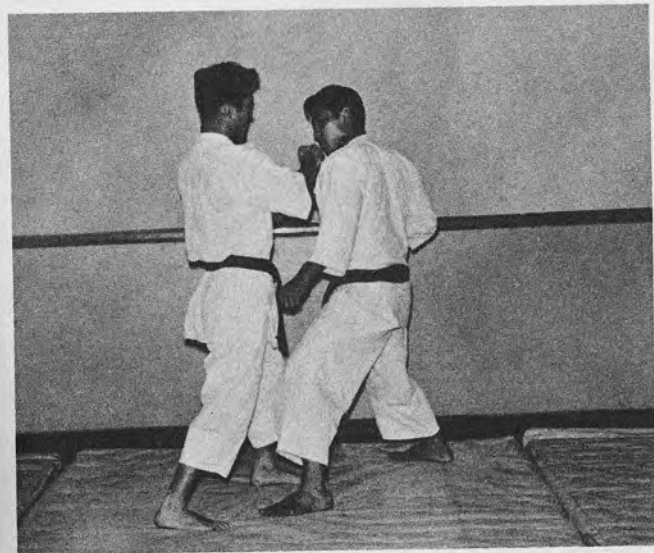
Forward side thrusting kick (Yoko geri) to the face.



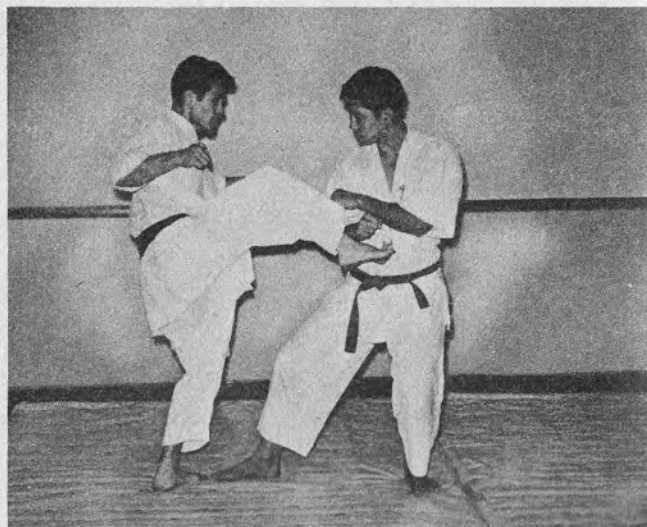
Application of the head butt.



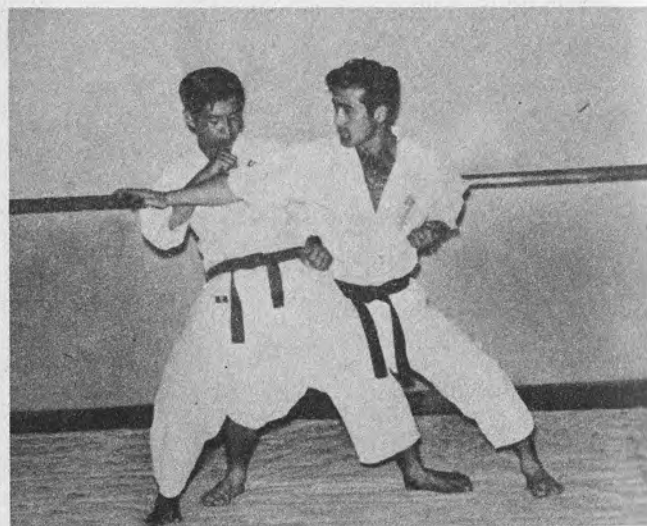
Forward jump kick (Mae tobi geri) to the face.



Grab opponent's lapel and deliver a punch to his face.



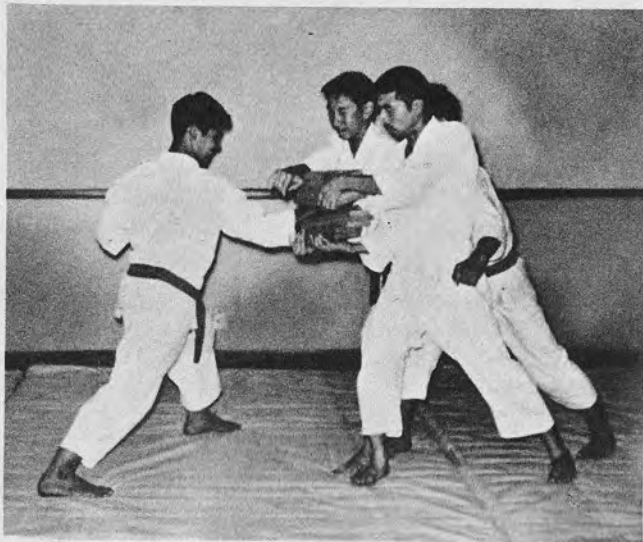
Forward kick (Mae geri) to the stomach to be followed with a punch to the face.



A chop to the opponent's chest, following through by throwing him backwards.

TAMESHIWARI

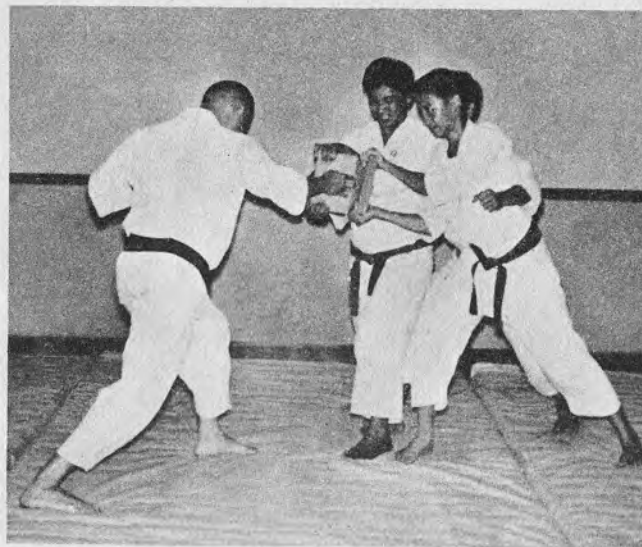
"Tameshiwari" is the practice of breaking wood, tile, brick and stone with the bare fist or bare foot. It is not a true art of Karate, but rather a spectacular show practice of strength, and it also serves as a reminder of the damage that could be inflicted if Karate were improperly applied. The objective is "concentration of strength at the point of impact." Strength, speed, timing, Kiai, proper breathing and Zen concentration are essential to this practice.



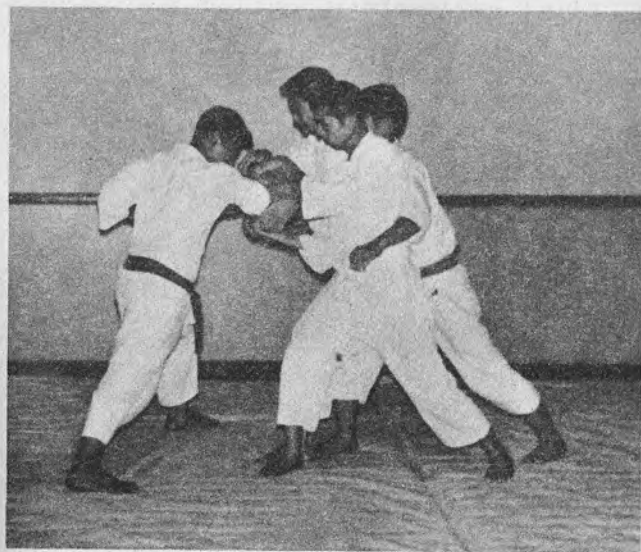
Board breaking with a forward side chop.



Board breaking with the head butt.



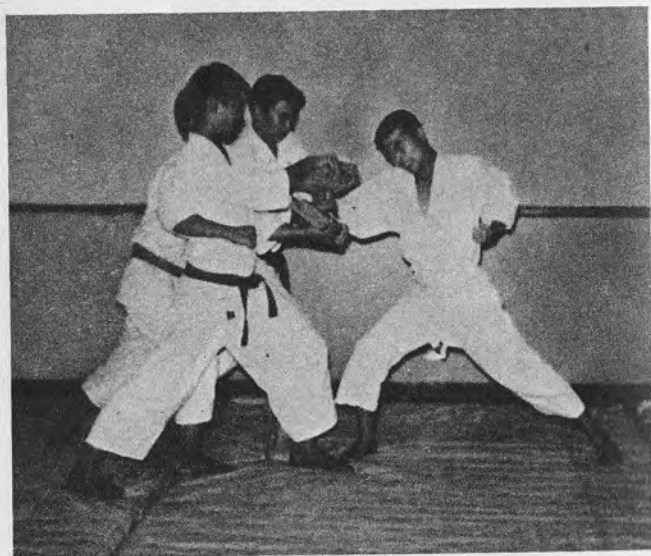
Board breaking with finger tip thrust.



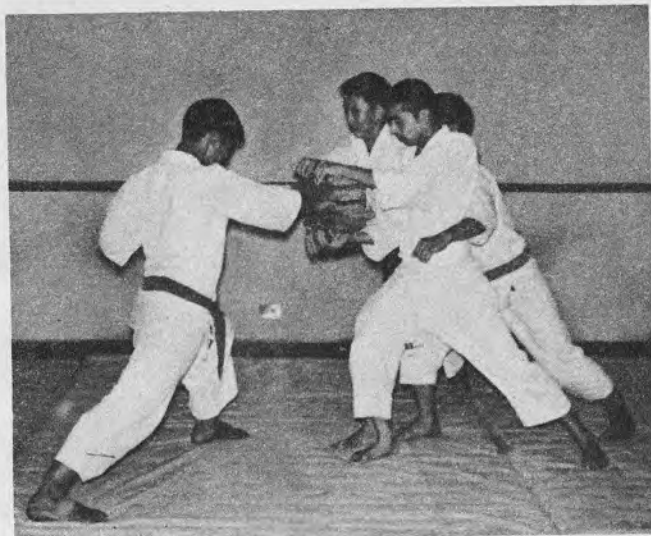
Board breaking with an elbow strike.



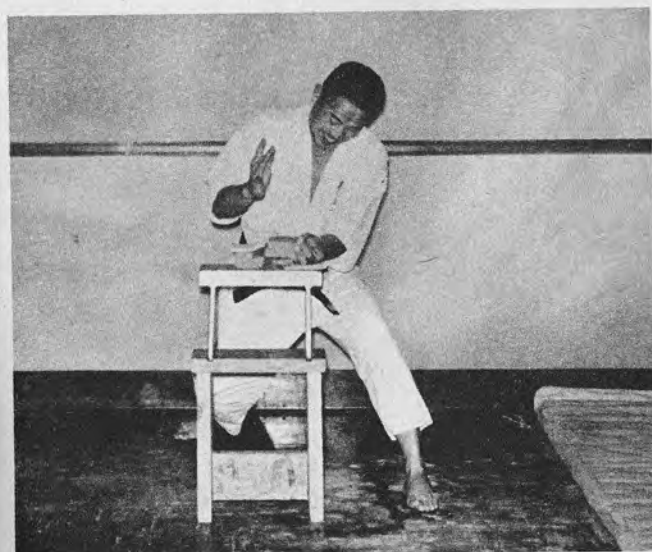
Board breaking with a side finger strike.



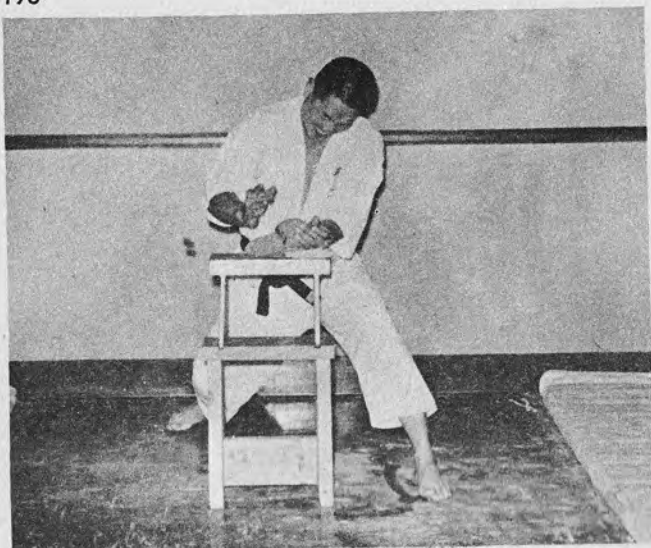
Board breaking with a reverse side strike.



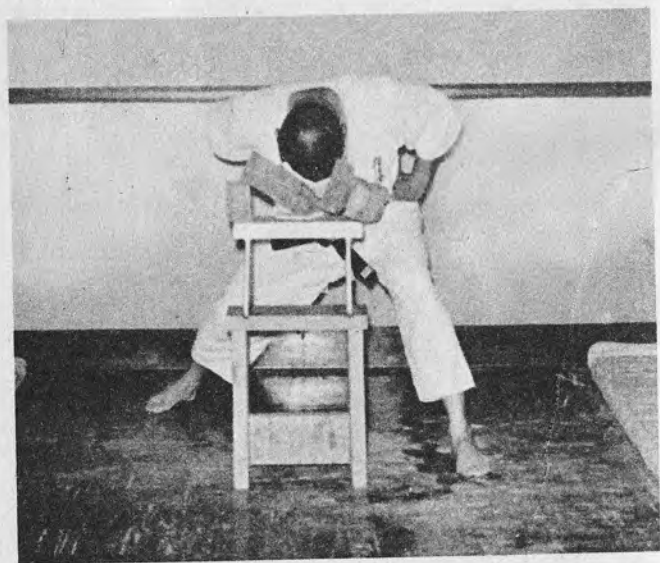
Board breaking with the fist.



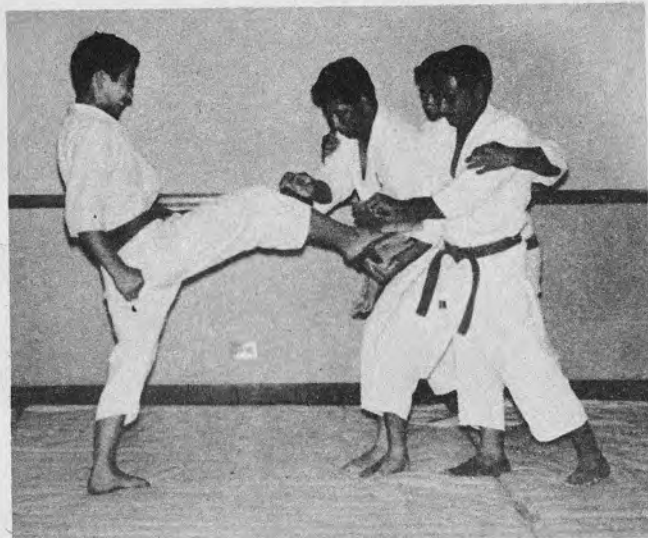
Brick breaking.



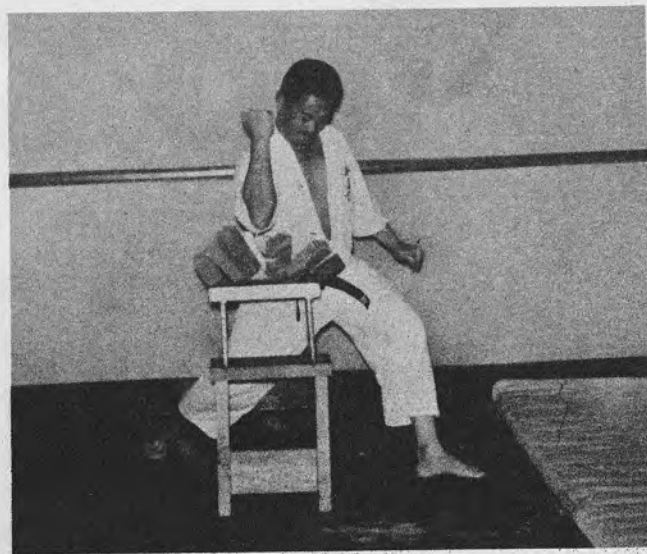
Stone breaking.



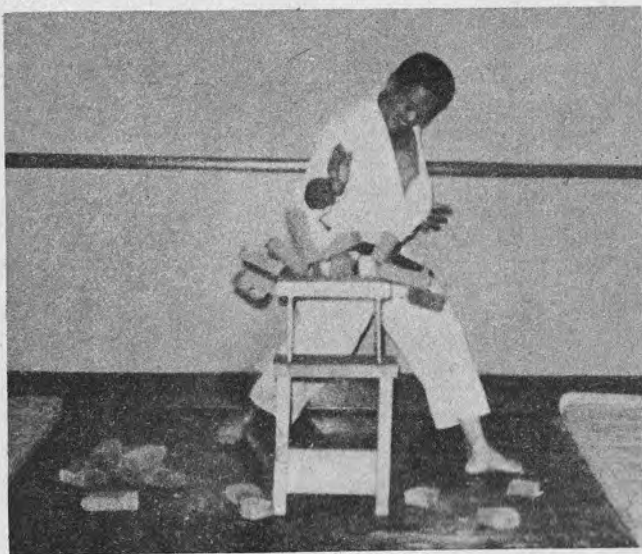
Brick breaking with the head butt.



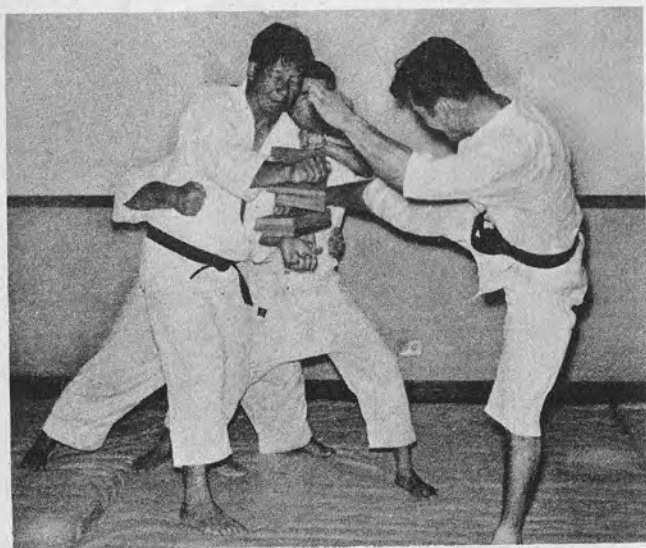
Board breaking with the forward kick.



Brick breaking with the elbow.



Breaking bricks with a chop.



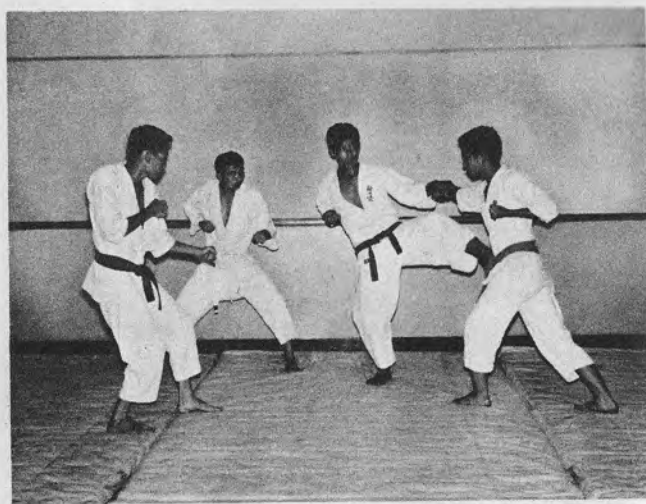
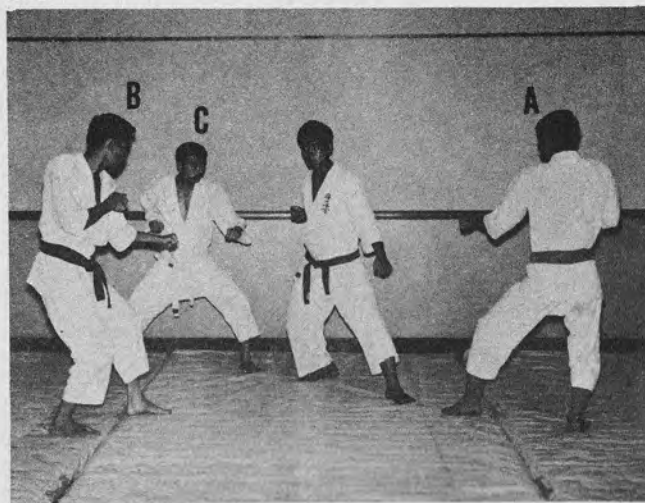
Board breaking with the side thrusting kick.

KARATE DEFENSES AGAINST MULTIPLE ATTACKS

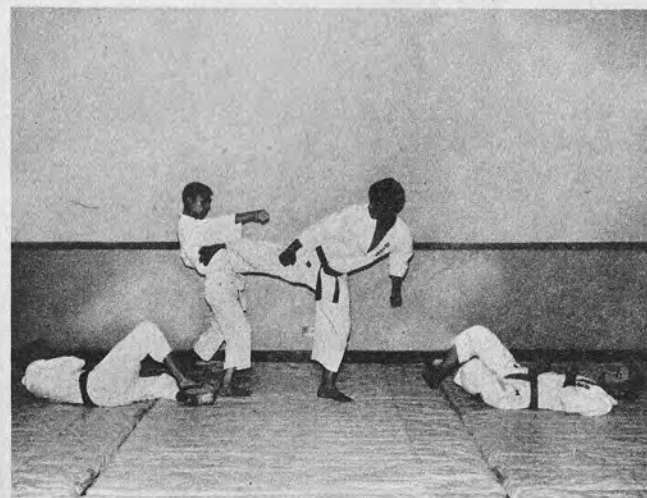
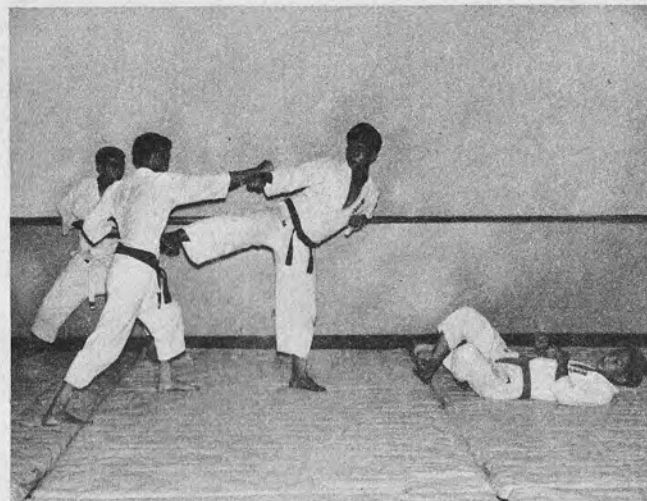
Defense training against multiple opponents is very difficult because each situation is, relatively speaking, unique, with no two situations the same. However, it is known that when a group attacks an individual, the attackers are heedless, reckless, and very unscientific because they usually feel that their number alone makes them strong. The most appropriate strategy for the lone defender, therefore, is to have all the attackers in his sight at all times and apply his defense and counter offense against the first attacker, then immediately move to a new position or engage the next one close by. The initial counter offense must be done swiftly and devastatingly. This is important because the result could serve as a deterrent for the rest of the attackers.

In a situation when two opponents attack simultaneously, double blocks must be used against both, and then counter the stronger or larger opponent first. Speed and concentrated strikes are important.

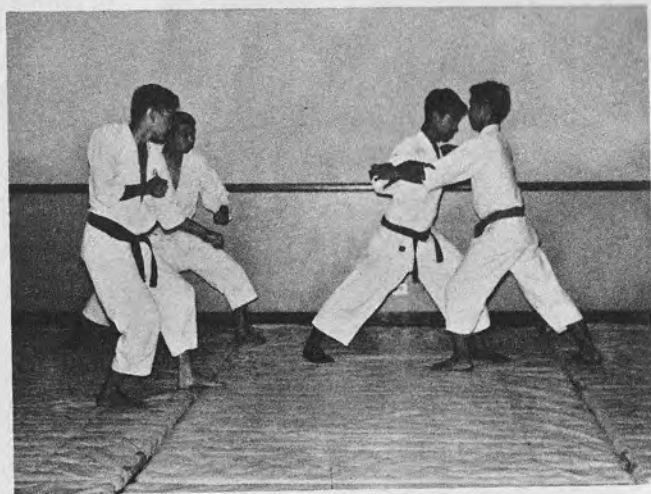
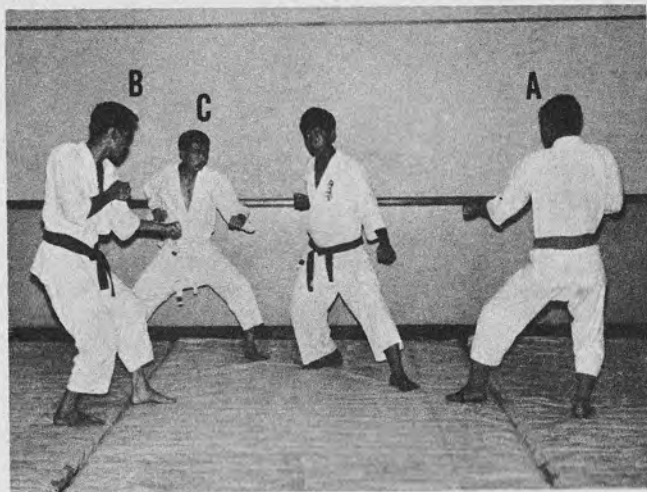
The following pages depict some forms of multiple-attack defense.



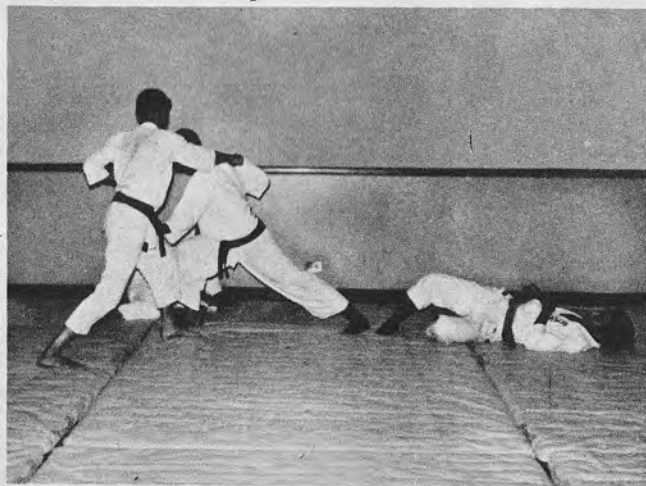
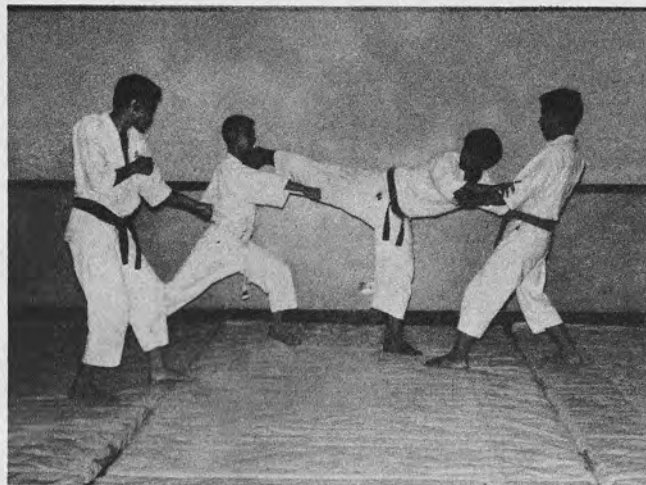
1. When attacked by three opponents. Block A's punch to the face with a left upward chop block, then grab his wrist and kick him in the ribs with a left forward kick. Block B's punch with an upward block and kick his stomach with a side thrust kick. Avoid C's punch by leaning slightly forward and deliver a back kick to his ribs.



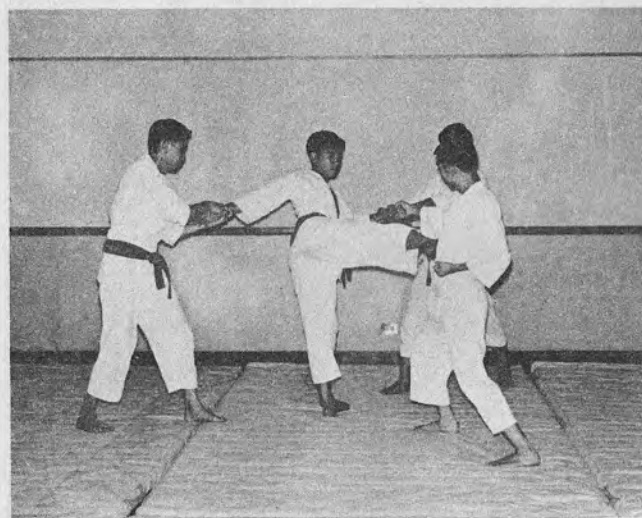
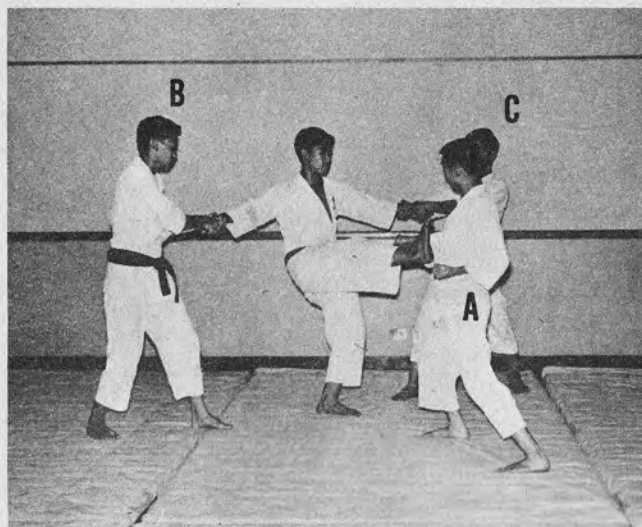
1. (continued)



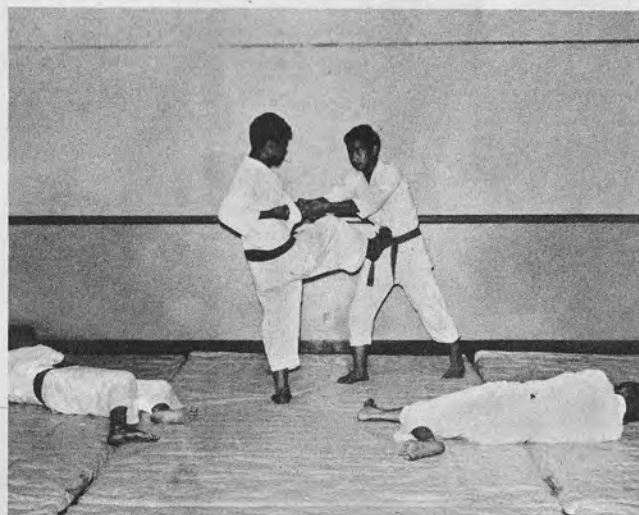
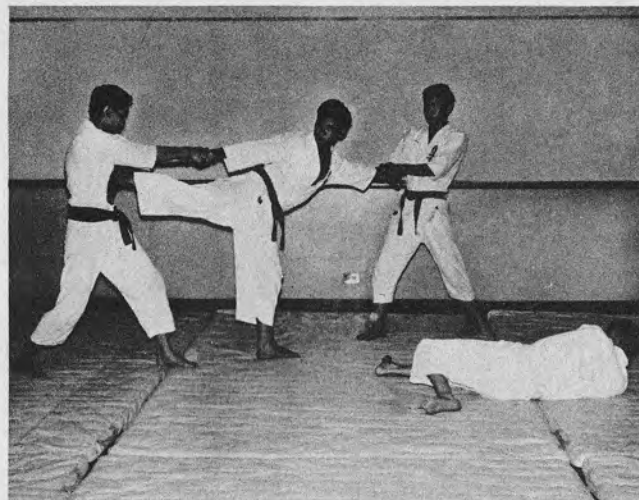
2. When attacked by three opponents. Block A's two-hand grab with a double upward chop block, then grab his wrists and execute a head butt to the bridge of his nose. Now lean forward to avoid B's punch to the face and kick his jaw with a back kick. Avoid C's punch by moving to his left and strike his testicles with an upward open palm strike.



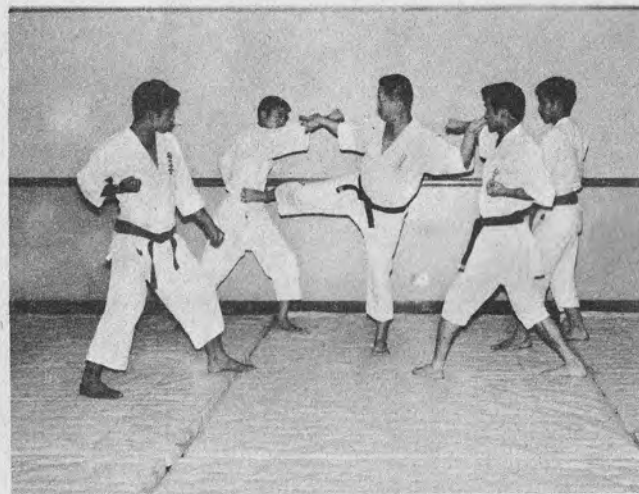
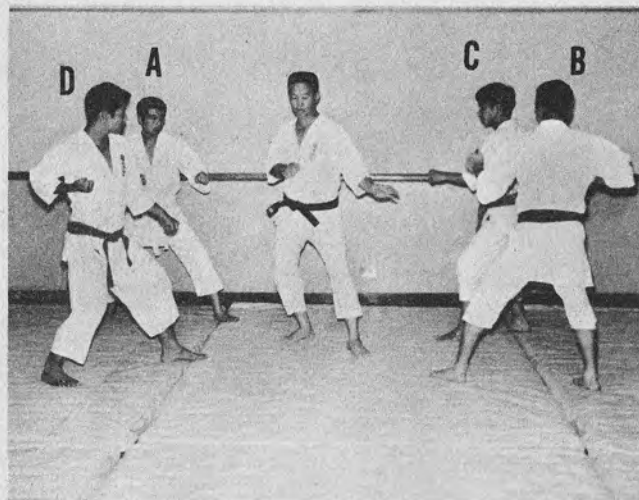
2. (continued)



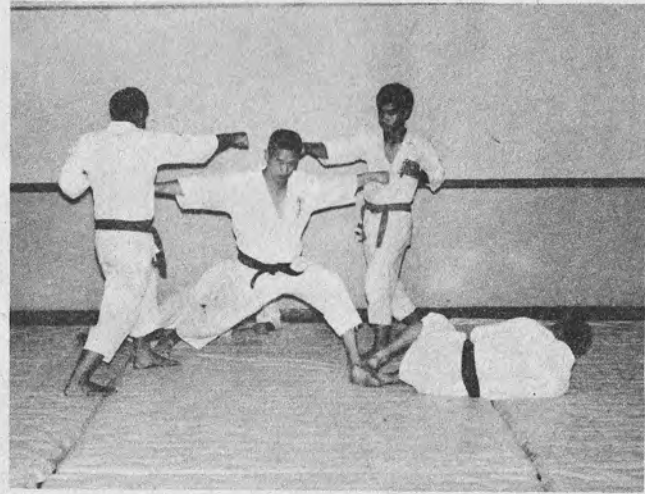
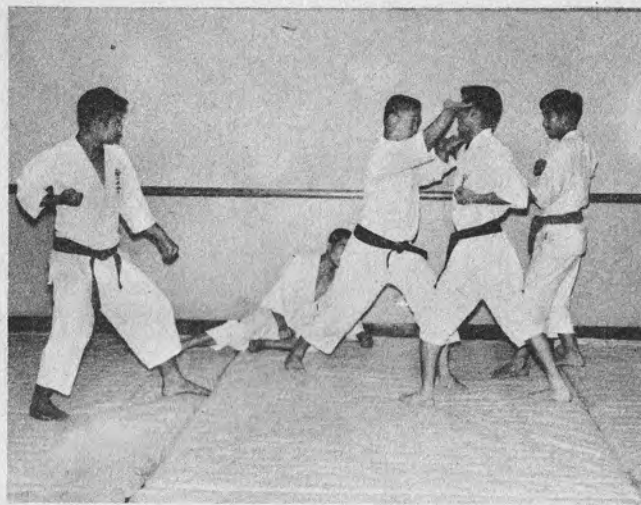
3. When attacked by three opponents, Block A's punch to the stomach with a right inward sweeping foot block and kick his stomach with a side thrusting kick. Now kick B's side of ribs with a back kick, then turn towards C and deliver a forward kick to his lower abdomen.



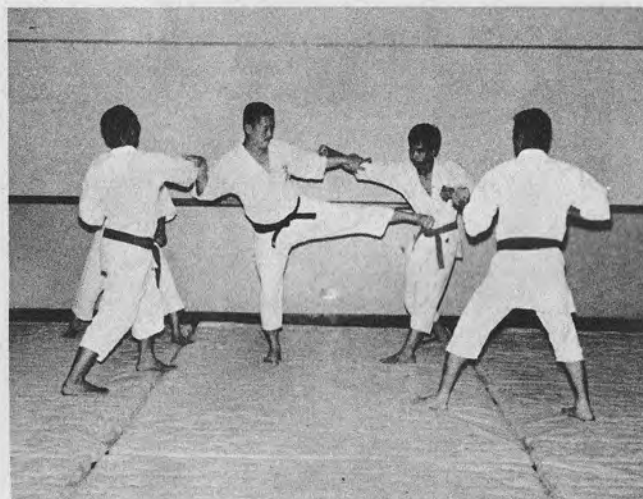
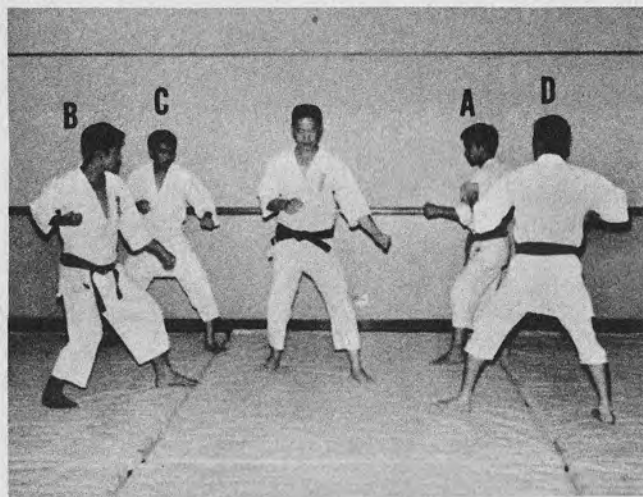
3. (continued)



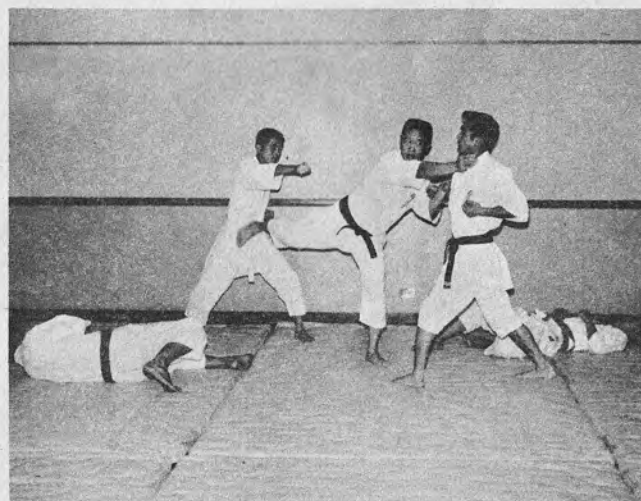
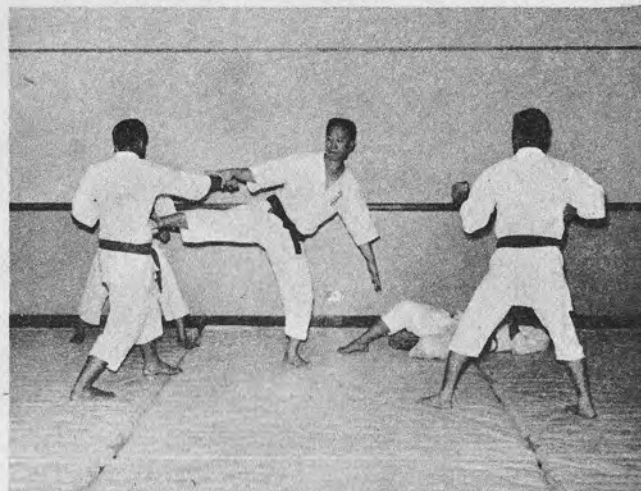
4. When attacked by four opponents. Block A and B's punches with a double side chopping block, and kick A's stomach with a side thrusting kick, turn and execute a chop to B's temple, then move forward to avoid C and D's attack and deliver a double punch to each one's solar plexus.



4. (continued)



5. When attacked by four opponents. Block A and B's punches with a double side chopping block, and kick A's stomach with a left side thrust kick, turn and strike B's stomach with a right side thrust kick; then kick C's ribs with a right back kick and block D's punch simultaneously with an open strike to his throat.



5. (continued)

KARATE MAKIWARA TRAINING

The "Makiwara" is a Karate striking board, an essential piece of Karate training equipment. It is made from a piece of wood, approximately 55 inches long, 4 inches wide, and 2 inches thick. The board (see photo) is cut at an angle, from the 2-inch bottom to a thickness of about 1/2 inch. It may be fastened to a channel iron that has been screwed into a cement floor with strong bolts, or it may be mounted onto a platform, as shown in the photos. The front of the board is padded with either Japanese straw or sponge material.

The Makiwara serves as an imaginary opponent for punching, striking and kicking. It is very flexible, thus enabling the user to train for speed, strength, breathing, timing, as well as co-ordination. Continuous training with the Makiwara will also toughen the individual's arms, fists and feet.

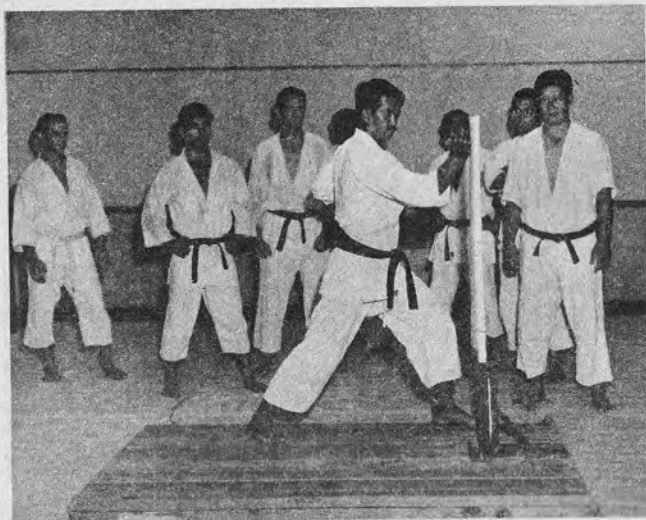
The following are some of the striking and kicking movements used in Makiwara training.



Basic ready position.



Forward medium punch.



Forward chop.



Reverse chop.

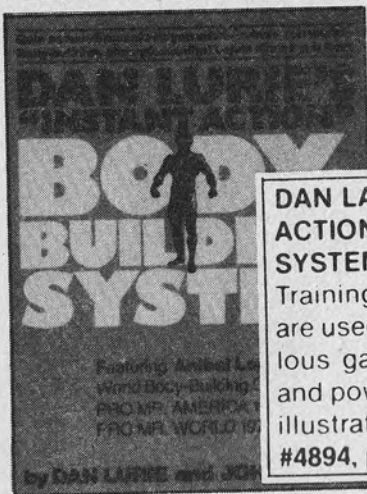


Back elbow strike.



Forward kick.

ARCO'S BODY-BUILDING BOOKS



DAN LAURIE'S "INSTANT ACTION" BODY-BUILDING SYSTEM

Training methods in this book are used by muscle stars. Fabulous gains in muscle strength and power. Hundreds of how-to illustrations.

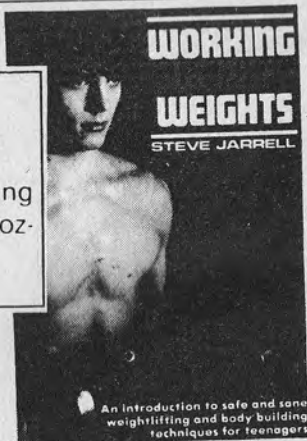
#4894, paper \$4.95

WORKING OUT WITH WEIGHTS

By Steve Jarrell

Weightlifting and body-building techniques for teenagers. Dozens of action photos.

#4221, paper \$4.95



CHAMPIONSHIP WRESTLING

Every stage of wrestling from beginning to Olympic competition. Including Greco-Roman style of wrestling. Illustrated.

#2721, paper \$5.95

